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A right profitable
booke for all disseases.

Called The pathway to health;

Wherem are to be found most excellent and
approued medicines of great vertue, as also ro-
table potions and drinkes, and for the destillage
of saines precious waters, and making of oyles
and other comfortable rece ptes for the
health of the body, neuer before
imprinted.

Gathered by Peter Luens Master of Arte of Oxforde, and stu-
dent in Physicke and Surgery.

Give vnto the Phisition that vnto him belongeth
Ecclesiastes 38.

AT LONDON
IMPRINTED FOR EDWARD
White, dwelling at the hile North doore
of Paines Church, at the signe of the
Gun, and are there to be solde.
1582.



TO HIS SINGVLER AND APPROVED

re I good friend Maister M. Elliot Gentleman, Peter

Leuens M. of Art wisheth long life, prosperous

health, and daylie increafe of vertue, to the
pl:ature of God, &c.



AS I haue taken some paines and trauell to pleasure and profit many, by the publishinge of suche rare, straung, & excellent thinges, as many could haue kept secret: euen so haue I bene careful to dedicate the same vnto you, acknowledging my selfe a detter vnto you, and yet not counteruailing your aproued frendship towards me. But like as *Phillip* king of *Macedonia* reioysed when his sonne *Alexander* was borne for 2. thinges; The one cause was that his empire should not want a gouernour: and the other because that *Aristotle* that learned philosopher was then aliue, by whome he was taught 10. yeares. And in like ioye am I now in, because that this worke of Phisicke and Surgery is finished to the profit of me countreye: but I reioice muche more that it is finished in the time of you my singuler & aproued good friend, to whom I offer this booke as a due testimony of my loyaltye, notwithstanding this booke may be truly tearmed the path way to health, which before this daye was neuer scene or published abroad by any other man: for by it through Gods grace, may be done great and wonderfull cures, which els had dyed and perished, beseeching you my aproued good friend to accepte this my gift and good will, which if you accept as willingly, as I do offer it faithfully, then shall I thinke my paines & trauell therein fully recompenced: Thus ceasing herein any further to trouble you, committing you to custody of him, whose wisdom first framed vs, whose fauour doth feed vs, whose might doth maintaine vs, whose goodnes doth guid vs, and whose power doth protect vs. Amen.

Yours at commaundement
Peter Leuens M. of Art.

The epistle to the reader

Any opinion gentle reader (which also is the saying, and wisprunge of al the philosophers) those things are most principall to be taught and maintained which in the common wealthe are most profitable and necessary: then may I say without iust cause of reprehender: if some thinke no shame to displeasure many, for the pleasuring of a few, then I neede not bin in any feare to profite many, by hurtyng of none by the publishing of this my booke abroad: nor send twise our paine nor distour without diligence, nor ended with ease, wherein are such and so many notable rare profitable, and precious things, as neuer were yet set forth in a so volu in our bulger of english tongue, may diuers of them were neuer biche to be taught. Although I haue giuen the onser to publish in our owne naturall tongue this most excellent worke for al diseases, for the which cause it should not be the lesse esteemed although some more curious then wise esteeme of nothing but that which is most rare, or in hard and unknowne languages. Certainly these kinde of people can not a litle that good and lawfull artes should be common to many, fearing that their name and practise should decrease, or at the least should diminish: the intention truly of such persons seemeth much like them which gaze for al, and would at haue, leauing nothing to any body but that which they must needs forgo, not considering that we are not borne for our selues onely as Plato saith, but for the profite of our country. Surely if I did not feare to be too long in this my preface I would proue how al artes and sciences may be published in that tongue which is best to be understood, as for example For Galien the prince of this art being a Grecian wrote in Greek. Rhodius Auenar wrote in the Arabian speech. Alio Plinius Celsus Serenus, and other of the Latines wrote to the people in the latin tongue. Marcilius Ficinus whom all writers assent to be singularly well learned, discomendeth not to wyte in the Italian language generally to al men, to the entente of al that euer set forth any noble booke haue bene to be read of as many as would, wher reason is that we should rather mouer heare a man a faine the thing that was made to be common, but as Christ saith no man lighteth a candle to couer it with a bu bell but setteth it to lerne euery mans neede and this go about, not onely to couer it when it is lighted, but to quench it afore it be kindled, if they might be malicer which as it is a detestable thing in any godly science so me thinketh in this so necessary an arte, it is exceeding damnable & diueth to debarre & frustrate of so inestimable benefites, which our heauenly father hath prepared for our comfort and innumerable viles wherewith he hath armed our impotent nature against the assaults of so many sicknesses, wherby his infinite merite and abundant goodnes is in nothing else more apparently confessed: by the which benefites as it were with most sensible arguments spoken out of heauen, he constraineth vs to thinke upon our owne weakenes, and to knowlege, that in all he is nothing founde but myserie, sickness, sorowes, Griefe, affliction, and death, no nor so much strength as by our owne power to releue one member of our bodies distresse. As for the knowlege of medicines, comfort of herbes, mayntenance of health, prosperity and life, they be his benefites and proceede of him, to the ende that we should in common helpe one another, and so to liue together in his loue and commaundment: Desiring also for which halfe any false beuie, that they will friendly asend that is amiss.

The pathway to health.
For all the partes of the head.

For to make the heare to growe.



Take a Spellewarpe, skinnie and all, and lay it in a clout, and burne it to powder in an earthen pot, then take dowe dyrt, and lappe it in a clout, and burne it to powder, and medle these two powders together with hony, and annoynt the place, whete that you will haue the heare for to growe. Also take and grynd redde onyons very small and annoynt the place therewith, and the heare wyll growe up quickly.

For to make heare to growe where none is.

Take haseell nuts, with huskes and al, & burne them to powder, then take beech mast, and the leaues of enula campana, and stampe the herbe and the mast together, then seeth them together with hony, and annoynt the place therewith, and then straine the powder thereon, and you shall make the heare growe where none is.

An other experient to make heare to growe.

Take and seeth mallowes, rootes and all, and wash the place where as the heare doth lacke, and it will growe in small tyme. Take hony and beares grease, and myngle them together, and make an oyntment thereof, and anoynt the head therewith. Also take a good quantitie of bees and dry them in a fyue by the fyre, and make powder of them, and temper it with oyle olyue, and anoynt the place where that the heare should growe.

An experient for to washe the head.

Take an ounce of turpentine, and an ounce of whyte waire, and a pottell of Burges wyne, of Storax calamita an ounce, & a littel Cerus, Masticke as murche, and so make good strong lye and put therein those gummies, and so washe the head therewithall. Also take the oyle of Tartar, and warme it, and anoynt any bald head therewith, and it will restore the heare agayne, and that in small

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space

space well pynded and tryed.

An other way to wash the head, and to make the heare yellow.

Take of the best and the strongest lye that can be made, then take a good handfull of red sensell, of margerum as much, of sage a handfull, violets as much, of damask roses a handfull, of red roses as much, of nutmegs two, of cloves and mace an ounce of ech, cluna campana as much, of rice powder as much, & icoz is two or three stickes sliced, a handfull of tender spike, and let the lye stande nyne dayes, and then strayne it, and seeth it one waime, & skume it, & then put all the hearbes & spices therin, & so occupy it when you see convenient time, with a sponge to eat your heare, and then let it dry in of it selfe, and it will keepe your head from aking, and it will make your heare as yellow as gold.

For to make heare yellow.

Take the rinde or barke of restubarbe, and take the scraping thereof, and steepe it in whyte wyne, or cleare lye, and after that you haue washed your head with it, you shall sweet your heare with a sponge, or some other cloth, and let them dry the heare by the fier or sunne, and the oftener the better, as I haue proued.

For to stay heare from falling off.

Take and make strong standing lye, and take a great company of Hype rootes, and burne them to ashes, and mingle the ashes and the lye together, and therewith wash your head, and it shall keepe the heare from falling off, & vse this often, it is well proued. Also take ashes of littell frogs being burnt, they cure the falling of the heare, and so doe the ashes of goates dung, mingled with oyle, doth engender the heare.

For the falling of the heare.

Take the ashes of culuer dung, and washe the head therewith. Also take walnut leaues, beaten with beares suet, & soapy

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Boyleth the heare that be plucked away. Also sceth the leaues of an oke, and the middle rynde thereof in water, and walshs thy head therewith.

For to kill Lice in the head.

TAke Frankencence, and barrowes grease, boyle them together in a pan of earth, and with this oymntment rub the head where the lice is, and it will kill them.

Another way to kill Lice in the head.

TAke blacke sope and stanesaker, and beat it to powder, and mingle it with the blacke sope, and anoynt the head therewith, and it will be soone whole.

For the nits in the head.

TAke the gall of a Calfe, and smere the head therewith, and it will kill the nits.

For wormes in the heare.

TAke and rub Calamint on the head, and it will kille the wormes in the heare.

For to do away heare.

TAke the head of nettles, and stampe it, and temper it with ayrell, and anoynt there with the head, but first shawe or pull away the heare, for it is better, then after you make sweate, and when that you are whotte, then anoynt there with your head, and do so thre dayes, and there shall growe no more heare there. Also take the gumme of Arabike, and anoynt the place where the heare groweth, and it shall quickly fall away: pruned.

For to take away heare.

Take

Take

Take the shelles of two egges beat them small, & fill the with a good syze, and with that water anoynt the place therewith. Or els take hard cattes dong dreyed and beaten to powder, and temper it with strong vinegar, and with that washe the place where that thou wilt not haue the heare to grow.

An experiment for to take away beare.

Take the blood of a snayle without a shell, and it doth mightily let the growing vp of the beare. Also take Labdanum, the gum of iuic tree, also emmets egges, arsemike and vinegar bounde to the place whereto ye will apply them, and there will grow neuer more beare there: proued.

An other for to take away beare.

Take the iuyce of fumitory, and mire it with gumme Arabik, & layd on the place of the beares syt plucked out by the root, it will neuer permit the beare agayne for to grow. Also take the woyme that glessereth in the night, and therewith anoynt the head, i. doth not suffer the beare for to grow.

For the scurffe in the head.

Take of the decoction of mallowe rootes, and it maketh the scurffe of the head for to fall of, & if you do often washe your head there with that water. Also the decoction of the myble rynde of an elme, the head being washed therewith doth mightily driue out the scurffe of the head.

An other for the scurffe in the head.

Take vinegar, and boyle it in wyne lyes a littell, and anoynt all over the scurffe syt cleanse it and it mightly healeth and dryeth it. Also take the bzaunch of a greene sygge tree, and the leaues also, and stampe them in water, it will heale the scurffe, if it be new, vse this dayly with vinager till it be like mary, and so anoynt the scurffe of the head therewith: proued.

For to heale o: puchers in the head.

Take and wash your head with binager, or with water wher-
in

The path way to health.

in Camomyl hath bene sodden in . Also the leaues of Violets,
Stamp with hony doth lightly heale the same. Also to wnercesses
Stamp with gase grease, doth heale the wheales o; pusses that
be in the head.

For a scald head.

TAke a penyworth of lampe oyle, and halfe a pint of sayre
water, & boyle it wel together, and when it is cold, put there
to halfe a penyworth of quicke syluer, and temper it well toge-
ther and anoynt the head therewith.

For a scald head.

TAke the lyuer of a thornebakke, and seeth it by it selfe, then
take fire roots of Enula campana, & seeth them by the space of
thre howers in cleane water, of houseleke thre handfulls,
stampe them and medle them all together, and straine them
through a linnen cloth, and make an oymnt of them and an-
noynt the head therewith, and if the heare be gone, take a hand-
full of woll and burne it to powder, and anoynt therewith the
head is pyllie, and the heare shall grow as thicke as euer it was
before.

A nother for a scald head.

TAke Groundswelly, & barrowes grease, & chop the ground
swelly small and boyle it with a soff fier with the barrowes
grease, and so clyp of the heare of the scald head, & therewith
all anoynt the scald head.

For to heale a tohyre scald in the head.

TAke boundsfong & boyrage rootes, of eche a like quantitie,
washe them sayre & cleane, then shyed them, & choppe them
small in peeces, seeth them in vineger about halfe a pynte
and more, then put in a little sweet butter neuer salted, and let
them boyle together till they be soft, then strayne them through
a cleane cloth, and then it will be a pleasant salue: then take a fe-
ther and annoynt the patientes head withall, but you muste vse
to washe the scald head with cowe piss, o; els with faire water,

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and

The pathway to health,
and this will heale the whyte scald head.

An other way to heale the whyte scald.

Take grene coperes, rossen, toarr, sheepes suet, hony, and beat
them small together, and boyle them well together, and it
will be a very sayre salve, and this will heale any whyte scald
poured.

For the bzayne an experiment.

Take the syrope of redde roses, with the powder of hygnum
aloes, and the bone in the harts heart, cloues, and the leaues
of redde roses, or the rakes thereof, and sceth them all toge-
ther with suger, and geue the patient thereof to drynke fasting,
mornynge and euening.

For the bzayne an other.

Take the smooke of Lignum aloes, and it comforteth the
colde bzayne, and all weake partes of the bzayne, and the
head.

For to resore the bzayne.

Take and make powder of Betony, and vse it in thy passage,
and it will resore the bzayne. Also take and chue mace in
your mouth. Also put into thy nose the roote of iuce of Cal-
lyngall, and it is good for bzayne or memoxy.

For weaknesse of the bzayne.

Take and smell to muske, and for default of stoppings of the
nose when it wyngeth the heart and upper lynnies, and
causeth them in a manner to sounde, take of the fume of the
muske beneth. Also to comfort the bzayne, vse both elouea
and mace in your brothes that they be sodden in; and also in
your nosbills. If the patient haue the reioyne or pose, put the
powder of Cardomonum, and the oyle of muske into an egge-
shell till it sceth, and therewith anoint the head.

For the flicke in the bzayne.

Take.

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Take the iuyce of red Dockes, with the iuyce of rue, and put a litle thereof into the noshyilles, and vse this in a stue or very warme place.

For him that hath lost his mynde.

Take the iuyce of marigoldes, of sage, of two me wood, of ech of them a sponfull, and take as muche whyte wyne and put it thereto, and let him drinke it at euen, and as muche in the morning cold, and vse it for tye dayes.

An other for him that hath lost his mynde.

Take and sheare of the haire of the mold of his head, then take archangell and stampe it, and bynd it to his head where it is shaven, and let him slepe for a whyle, and when he awaketh, he shall be right meeke and sober inough.

For to keepe a good memoie.

Take Engwoort, and lay it in whyte wyne, and then take it and distill it, and vse to drinke of it fasting, and it shall preserve the memoie. Also take the iuyce of Zipulus, and drinke it fasting, causeth a good memoie.

An other for memoie.

Take and grynde mullesced with vinegar, and rub it mightily on the plantes of the feet, and it doth quicken the memoie of such persons as haue bene long tyme sicke, and to stirre them vp from all kinde of forgetfulness, of memoie, and for to make them mindfull of such businesse that they take in hand.

Against forgetfulness.

Take rue, red mintes, oyle olife, and both very strong vinegar let thy noshyils be holden ouer the smooke thereof. Also burne thine owne heare, and mingle it with vinegar and a litle pitch, and apply it to thy noshyilles, for it wonderfully expreth and quickeneth the persons diseased with forgetfulness. Also take the lites of a hogge layed onto the head being shaven, is very good.

Another for forgetfulness.

Take the gall of a Crane being made warme in a leaden vessel, it doth thoroughly stir up the diseased body, yf y^e nape of his neck be anoynted therewith. Also take the smoke of Galbanum, or of an harts horne which is best of all for forgetfulness. Also the skin of an hare burnt, and the ashes thereof drunke with Calamint, healeth the disease of the L ystargy.

Another for the same.

Take saury and beat it and seeth it in vinegar, & lay it in the forme of a plaister to the hinder part of y^e bed, it doth mearly awaken those that are very heauy with sleepe, nothing doth moze & better quicken forgetfulness in men or women. Also the fume of a kidders skin doth quicken forgetfull persons, and those that be infected with the falling sickenes.

For the frensie in the head.

Take oyle of roses, oyle of violets, of enery of them xx. poyes, & as much of the water of a coluted, & put it in an new vessel of earth, & boyle it till all y^e water be boyled away: then put out that, and put in other into the same vessel, as much of that water, and boyle it thus seuen tymes, and then put thereto halfe of the fourth part of the poyes of Camphiere, and medle it well together, and vse it on his head for the frensie of the head when it is new shauen.

Another for the frensie of the head.

Take the iuyce of smallage, beruicke, or vinegar, oyle of violets, or roses being put together in a vessel of glasse ouer the fire, all hot lay it to the patients head, and so anoynt the head all ouer being shauen.

Another for the same.

Take and anoynt the head with vinegar, and with oyle of roses put thereto, & it is very good against ystargy or frensy, & or humors of blood, the quantitie of foure drammes taken with

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Wyne profiteth much.

For the frensie in the head.

Take the hot lightes of a goat, and clap it to the head of the patient that is vexed with the frensie, and it taketh it away presently, and so doth a sponge dypt in warme wine, and put to the left pappe. Also the roote that is called Asperagal boyled and laid to the head, will draw forth all madnesse.

An experiment for the frensie in the head.

Take a redde stone that is found in a swallow, and let the patient cary it about him fast tied in a linnen cloth, & put it vnder the left arme, and it doth heale all frensie and lunatike persons. Also a roasted mouse eaten, is very good for frensie. Also seth herbane in sweet wine, and therewith wash the frensies eares, temples, and nosthils, and it prouoketh sleepe.

For the meigrin in the head.

Take foure handfals of redde rose flowers freshe in sommer, and winter welked three handfull of camomill, and as much of beruen, and breake them small with your hande, and boyle them in a pottell of whyte wyne or Calcoyne, if it may be had, and if not, in Rochell wyne, till it come to a quart, and put them in three bagges, boyled flat lyke a playster, and lay it where as the payne is, as hot as the patient may suffer it, and change them hotte and hotte, during a day and a night, and longer if need be.

An other for the meigrin.

Take halfe an vnce of Celingall, and an vnce of Ginger, nutmegs halfe an vnce, cloues a quarter of an vnce, anise seed a peny waight, enula campana a quarter of an vnce, lycoris halfe an vnce, sugar halfe an vnce, and beat all these together, and let the sick use of this powder first and last a spoonfull at once, and with in foure dayes God willing he shalbe whole.

An other for the meigrin in the head.

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Take

TAke an ounce of flavelaker, and beat it to powder fine; then take the third part of the powder, and of the white of an egg, and a nutmeg, and a little commin, a quantitie of flaxe small backed, beat them together, and lay it playsterwise on his forehead, when that he goeth to bedde, if he bleed he shall be quickly whole, if not, lay it on the oftner untill he bleed.

An other for the meigrem.

TAke commin, and beat it as small as ye can, that so done, sift it through a fine cloth, and take the finest thereof, & put thereto the quantitie of the gall of an Ox, and beat them together til that they be thicke, and then make a playster therof and lay it to the nape of the necke, and it shall helpe them.

For the same a medicine.

TAke dasy rootes leanes and all, and beat them, and wringing out the iuyce, & put of the iuyce into the nostrils of the person that is troubled with the meigrem in y^e forepart of the head, so that the patient may lye; that they may voyd downe the iuyces that descendeth from him or them.

For to know if that the braine may be broken.

Yf the fleshe be whole aboue, take and shave the head there as the soze is, and double a linnen cloth, and spred on the white of an egge, and binde it to one right, and on the morning take it away, and looke if the cloth be moyst or dry, for if it be moist, the panne is broken, and in the same place carue the fleshe, and let the blood out, and annoynt it with an oynment made therfore, and thus thou shalt saue him, or els he is but dead.

For the Fistula in the head.

Against the Fistula in the head, take & seeth bitter Lupines in salt water, and put vinegar to them, and then strayne it, and in the straining thereof, put of the powder of Germander and washe the head therewith.

For the Fistula in the head.

Against

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Against the fistula in the head, take and gather the rootes of egrimony, and dry them in the smoke, and after that it is drye, take and hang it about the necke of the patient, and it will helpe him.

For the melgryn, and for the impostume in the head.

Take the soure penny weight of the root of pellitory of Spaine, a ob. waight of spiknard, and boyle them in good vineger, and when it is cold, put thereto a sponesfull of hony, and a saucer full of musterd, and mingle them well together, and holde thereof in the mouth a sponesfull at once; and vse this nine times, and vse so; to spitte it out continually.

For an impostume in the head.

Take Calingall halfe an ounce, nutmegs a quarter of an ounce, cloves a penny waight, the flowres of canell, a petite waight of spiknard, a ob. waight of aniseed, a quarter of an ounce of Enula campaua, halfe an ounce of licoris, of suger helpe an ounce, and beat them well together, and vse of this powder firste and last, a sponesfull at once.

Another for the impostume in the head.

Take Betony, sage, redde mintes, redde fenell, of ech three croppes, and cate them eight daies together, or fourteene daies, and after take the greene rynde of the elder sticke of one yeares growing, and put the ioyce thereof into the nose three daies, three tymes a day being vpright, the space that one may go a mile.

For the head ache.

Take rose cakes, and stampe them very small in a mortar with a little ale, and let them be dried by the fyre on a little sharde, and laye it to the nape of the necke to bedward; pouce.

Take hemlockes, and seeth them till they be as soft as pappe, lay it to the head where the payne is, and let it lie all night, and on the morning lay on an other hotte playster of the same, and vse this foure or fene tymes, and by Gods grace the patient shall be eased.

An other for the head ach.

Take a posset and lay it hot vppon the head, and let it off be laid to, so cured a Whisitation diuers cures. And also take the oyle of camomill, & anoynt the houldes and the forehead, and labour it very well, and lay the patient downe, and make him sweat, and it shall helpe him. Also mingle a sponesfull of the iuyce of Betony, with as much wyne, and as much hony, and put thereto nine Deper cornes, and drynke it foure dayes together: proued.

For the head ach.

Take iuyce of blacke Juyce, and the iuyce of rue, and the oyle of roses, and whyte wyne, and vineger, and mingle all together, and anoynt the temples therewith, & sanalite.

For the head ach.

Take an handfull of red sage, and a handfull of red rose leaues sliced, and a handfull of camomill stompes dreyed, and a handfull of bay salt, a pece of leaened bread, and two nutmegges, and beat them all together, and make as it were a quilte, and rub ouer the heaches, and then lay it ouer his head in the forme of a playster.

For the head ach, proued.

Take whyte earth hyun, and make iuyce therof, and put it into thy nose, and it shall purge the head of reume, and it doth away the head ach. Also leekes with leanes sodden in twine and emplaystered about the temples and the forehead, it doth away all the headache. Also take muske, rose, & saffron, and rose
flowres

Trowes, or the leaues, and meddle them with sope, and make a playster thereof, and bynd it to the head. Also take ensence, and boues dung, and wheat meale, and temper them with the whits of egges, and bynd it to the forehead and the temples, and it doth away all aches of the head. Also washe the head with lye made of the powder of colewoortes, and of redde nettels, and of whyte wyne, and it doth away the ach without doubt, so; this is a true experiment, p;oued.

For aking of the head.

Take and make lye of Vervaine, or of Betony, or of troyme wood, and therewith wash thy head thryse in the weeke, & it shall do thee very much good.

For the vanitie of the head.

Take the iuyce of wallwoort, salt, hony, ware, and ensence, and boyle all them together, and therewith anoynt thy temples.

For the vanitie of the head, and to washe the head, and to comfort the brayne and the memory, and for a fayne face.

Take lye that is not so strong, and put two pyls of oranges, the pils of as many citrons, the blossomes of camomill, bay leaues a handfull, of maiden-heare a handfull, of Cerymony two or thre vnces, of barley straw chopped in peeces a dishfull of Fenegreke, a pounce of wine lyes, two or thre dishe fuls of brome blossomes, put all these into the lye, and mingle these together, and so wash the head therewith, and put in a litle myrrh, and synamon: this is p;oued.

For the Lxtargie in the head in the hinder part, which maketh it to be soake.

Take a pure blacke catte, and flea her, & pull out her betwels, and picke away the fatte from the guttes, and put them into the body agayne, and fill the body full of mustardseed, well steeped in the iuyce of Ryp, and sage, and then sew the body vp.

and roste it vpon a spit, till it be so dry that it droppe no more moisture, then take the dropping that cometh therof, and put it in bowle, and when you wil occupy it, shane the patient in the necke and anoynt him by the fyer in the loyn next to the head, and it shall helpe the greued.

An other experiment for the Lptargie in the head.

Take and make the decoction of Eulsan, smalladge, and of sage in salt water, and wash the hinder part of the head therewith. Also take and seeth Castoreum in strong vinegar, put thereto of the powder of Amacard, and anoynt the hinder parte of the head therewith.

An other for the Lptargie in the hinder part of the head.

Take and choppe the rootes of Siperus very small, and seeth them in oyle till the oyle be nigh wasted, then lay the residue that is left on the holte coales, and let the patient take the smoke therof at his mouth and nose, and it will helpe him. Also bynde the powder of Eulcorbium in a fine cloth, and holde it so to the nose that he be constrained to needs. Or els take and make an noyntment of Eulcorbium, of peper, and of Castore, with oyle of unse, or common oyle with these powders & iuyce of gourdes, and anoynt and rubbe the hinder parte of the patientes head: pased.

For to spurge the head and to cleanse it.

Take pelleteory of spaine, and chew the roote thre daies a good quantitie, and it shall purge the head and do away the ache, and fasten the gummes.

For to purge the head an experiment.

Take the seed of Stoni sacra, and beate it all to powder, and when it is beaten small, take a fine linnen cloth, and put the powder therein, and make therof a littell ball, the quantitie of a basell nut, and put it in the mouth, and roll it to and fro betwixt the teeth, chawing and holding downe the head the space of an hower,

boluer, and it will purge the head, and the gummes, and keepe the teeth from aking, and also it clenseth all filthynesse out of the head and brayne.

For to purge the head of what cause so ever that there be.

TAke a handfull of betony, a handfull of camemill, & a handfull of veruaine leaues picked, stampe them and seeth them in blacke wood, or in ale, & in the latter end of the seething, put to it a little comin brayed, the powder of hartes home, and the yolkes of two egges, and a little saffron, and stirre them well about, and laye a playster therof hotte euer all his forehead and temples. Also put a little vineger, it is the remedy for to purge the head, and for the meigrim beside.

An other for to cleanse the head, the brest, and the stomack.

TAke three handfull of Centory, and seeth it in a gallon of water vnto a pottell, and then cleanse it and put thereto a pint of clarified hony, and seeth it softly to a quart, and drinke thereof two sponcfulles at once early in the morning, and late in the euening.

For all manner of head ach.

TAke veruaine, Betony, wormewood, celydony, wallwoort, rue, and the barke of the elder, hony, and peper, & all whole stampe them together, and seeth them in water, and drinke it early and late proued.

An other experiment for the same.

TAke Rue Hayhouse, Betony, Veruaine, Mintes, Hillwoort, redde fenell, wormewood, Sothernwood, of ech a handfull, and washe them and shredde them small, and seeth them in water, in an earthen pot, and wash thy head with some of the water, and mingle the hearbes with wheat brannc, and make a playster therof, and laye it on the moulde of his head, euen

as hotte as may be suffered, and make a garland of a heilcheffe to keepe it on with, and within v. times dressing of the patient, he shall be hole.

Another experiment for all manner of head ach.

Take rue, betwaine, inoo, me wood, sage, walt wood, hepbours, redde fenell, plantan, the greene of the elder betwene the barke and the tree, of ech a handfull, and washe thym and stampe them small and do them in a newe earthen pottle, with a pottell of redde wyne, and a pottle of stale ale, and seeth it to the halfe, put therevnto a quaster of an ounce of pepper beaten, and strayne it throught a clothy, and drinke thereof nine daies eight sponcfulls at once, at euening hotte and in the morning cold, and washe the patients head with the lico, and it will cure all manner of head ach.

Against the turne of dafeling in the head.

Take thy head be washed with the water of the decoction of three leaved grasse, and laye a playster of the hearbe to the patients forehead. Also mints laid to the head, taketh away the paynes that come of a cold cause. Also mistletoe, layd to the head, draweth out the corrupt humors, and the iuyce of onions cast into the nostrils, clenseth the head. Also seeth pennyriall, and lay it to the temples, and powder batwaine into the eares three or foure times in the sunne, and it will cure the patient of dafeling in the head.

Another for dafeling or swimming in the eare.

Take and make a playster of culier dung, and wheat bianne, and temper them with the white of an egge, and lay it to the contrary part of the head to that which is payned. Also the iuyce of tunc wringled with old lard, is good for the swimming in the head. Also the pith of bread, which was bakcn with Coriander seed, and layd to the head is good.

Against the returne in the head.

Take and make a pomander of the powder of Cucubers, maces, Labdanum.

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Labdanum and greke pytch both remoue from the brayne all superfluous humors: mares and Cucubes chewed in the mouth do the same. A playster made of garlick and cloues, stoppeth the humour causing the reume. Also Flope boyled in the inbers and so laid to the head stoppeth the reume, and a litle bag full of darnel, salte, and anniseede is very good.

A gargell for the reume.

Take vineger, mustard, a good quantity of pepper, and boyle them all together, then let the party so greued put a sponesfull in their mouth, & walk vp and downe, and when it wareth cold, spit it out, and so take another, and doe it for a tyme, and for euery one sponesfull you shall boyd sue, take it not in the stroke: this hath bene proued.

For the reume an other experiment.

Take the iuice of colewortes, and cast it into thy noleth: illes, both purge the head: so:rell pummed with the oyle of roses, is good for the ach of the head. So: þ reume in the eyes take Time and eat it, and it dyiecth away the reume.

For the reume in the head an other proued.

Against colde reume, and other passions and swimming of the head and such other qualities, take iii. pilles of Cassia, of Labdanum, and Storax confecta, with the iuice of wormwood: when the cause commeth of the head, this comforteth the brayne also: make a fumigation of Cassia ligna ouer boat coales, and receiue the smoke thereof at thy mouth.

A quill for the reume, a speedie remedy,
proued full often.

Take of Olibanum, Bengeuin, Storax calamita, of ech of these halfe a dram, of Labdanum ii. drams, of nutmegges, cloues, of
C. ech

halfe a dram, of comyne a scrappill, masticks halfe a dramme, of maces halfe a scrappill, of Iugula Romana a dram, of bay berries a scrappill, of the flower of roses, of canemyll, of violets, of ech a dram, of the flowers of betony a scrappill, beate all these into grosse powders, and so let them be quilted with good red scarlet, flockes, in a peece of black sarcenet, & so quilted, and to be laid vpon þ head to the nape of the necke, & let it lye there þ space of xx. howers, and then turne it, and thus fo; the rewme it is most excellent.

An experiment for woundes in the head.

Fo; to cease the ache and swelling woundes that be soze in þ head, o; in any other place, so that the bones be not broken, take mallowes, wormewood, betony, egrimony, hillwort, of ech of these a handfull, washe them, and stampe them, and putte thereto 3. bucces of wheat flower, as much hony, & as much barrow greese, and stampe them together, & put thereto red wyne, and fry them, and lay them warme to the soze, but lay a red cole-leaf betwene the plaisters and the wound, and it shall cease the ach, and take away the swelling thereof.

For all manner of euill aches in the head.

TAke betony, bernaine, wormewood, waybread, rue, wallwort, sage, the bark of the elder tre, 3. cornes of pepper, and temper them together in wine, & drink therof ech day a draught early and late, till that the patient be well. Also take the gall of an hare, and temper it with hony euenty, and anoint therewith the temples. Also reke, and aspell, and smere thy head therewith, is wholesome. Also take canemyll, is good fo; the burning feuer that holdeth a man o; woman in the head. Also fenell sodden in water, swageth the ache in man o; womans head, when that the head is washed therewith.

An other for all manner of euill aches in the head.

TAke the grease of a harte, and blende it with barley meale and
saxrell

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fozell, bind them and temper them all together, and playster it to thy temples; for this hath bene proued a right good medicine. Also take the iuyce of primerose, and the milke of a cowe, and with a penne blowe it vp into thy nosegayles, and it shall purge the head, and shall heale the partie so greued of the head ache.

For to make a man to slepe.

TAke the leaues of white poppy and red netles, and stampe them together, and put to it a little beane flower, and lay it on a cloath, and so binde it to the forehead, and they shall slepe quietly.

To make one slepe, that slept not in a long time before.

TAke white poppy seede, anniseede, of ech a like quantitie, and beate them to fine powder, then take rosewater, the white of an egge, and womans milk, and mingle all these together, but first beat the white of an egg very much, and take away y froth, then take stockes as many as will lye ouer your forehead, & wet it in the licour aforesaid, then sprinkle of the powder vpon it, and then lay it in a pewter platter vpon a chafing dishe of coles for to take the cold of it, and so lay it to the forehead, and y party shall take his rest and quiet slepe.

For to make a man to slepe.

TAke the leaues of elder, and warme them bettwene 2. tyles, and binde it to the nape of the necke, and it will make him to slepe. Also take y leaues of Scala celi, cast them in a pot, and lett the wel and larg, and at euen wash wel thy face and legs vp to y knees with that water, and no higher, then go to bed & thou shalt slepe right sound.

For to make a man to slepe.

TAke a quart of almonds blended, & halfe a li. of hempseed 3. times washed in cleane water, & 16. dates, & stampe the together, and

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and

and put thereto good stale ale, & take an ounce of poppy seede brased, and let it lie in ale 3. or 4. houres, and seeth them together, & straine them, and giue the sicke to eat of it, and it shall make him sleepe.

For to make a man sleepe, and for to come
to quiet rest.

Take red roses, violets, the water of mellilot, lettuce, of ech a like quantitie a handful, white poppy, white henbane, of ech halfe a dram, a litle oyl seede for to comfort the brayne, then bray all these together, then put them in a soft linnen cloath xi. ynches long, and iii. ynches broad, and quilt it, and plight it to his forehead: also take oyles of water lilies, poppy, nightshade, rosewater, vineger, and womans milke, dippe flaxe therein, and bundle it to the temples, for it hath bene duly and truly proued.

For payne in the eares.

Take the the iuice of wild rosmembers taketh away the paine of the eares being put in, take and put the wood of the greene ashe tre in the fire, & saue the liquor that commeth out at y^e ende, and put it into the eares, it causeth the payne for to cease: and for to amende the hearing also, beate the iuice of wormewood, and droppe it into thy eares: proued.

For payne in the eares.

Take and mingle the iuice of betony with oyle of roses; & put it warme in the eares with a tent, and stoppe them well. Also take faire oyle olyue, & let it be blowen out of a mans mouth that is cleane and fasting into the eares of the sick man, let this be done thre or 4. tymes, and let that syde of the head be turned downeward, that the odour of the head may runne out. Also take almondes and the karnelles of peaches, and let them be cleane pyllled in hoat water, and make oyle of them, and let the oyle be put into the eares of the patient so greued.

For the paine in the eares.

Take oyle of roses, and a litle byneger, and put it to the eare, then make a bagge of rammeyll and mellepote, and lay it there vnto. Also take gosse grece, wth a litle honie, swageth the payns of the eares. Also oyle of Almonds, is very good for the paine in the eares: also these wa^{ys}mes sodden in oyle of roses, vpon hote ashes, in the rynde of a pomegranet, and droppd in the eares: also if there be water in the eares, take a litle gosse grece and the iuyce of onions, commixed together and so lay to the eares, proued.

For deafnes in the eare.

Take a pece of grene ashe and put it in the fire, and take the droppings of that water, and take the droppings of a freshe water cle, the oyle of bytter almonds, of euery one a cquall portion, warme it by the fire, and let it drop 2. or 3. in the same eare so greued, then take blacke eldes wth oile, and dip the wolle therein and put into the same eare, and it will help the patient so greued by Coos grace. Also take Betanie, and horrhound, stampe them in a mortar, and wyng out the iuyce and let the patient lye on that side and so pours it into his eare, and let him take his rest, proued.

For deafnes in the eares.

Take a Hedghogge and roste it and take 5 droppings thereof, and put it to the patients eares so greued, and stopp it with blacke wolle, et sic. Sometime there chaunceth deafnes by wynde, which is in the eare, the which causeth tynkling in the head. then take a litle Aloes in hote water, or in white wyne and distill it into the patients eare, then put a litle Eustorbium in powder into the parties nose so greued, to make him so to nese, and to auoyd as much filthy humors as you may.

An other for deafnes in the head.

Take secados, bay berries, betony, bay leaues, of ech of them

a handfull, seeth them in white wine to the halfe, and for an olde man in malmesie, then putt it in a vessel that hath a narrows mouth, and holde your eares ouer it being halstopped, so hote as you may suffer it, being not so hote nor so colde, also there drops of the oyle of almonds, both the same.

For wormes in the eares.

Take the iuyce of wormewood, rue, solothistle, and do it in the patient's eare, and he shall be hole, take the iuyce of elder, and drop it into the eare of him, or her, so greued, also take the iuyce of rockle, and confette it with the iuyce of artemert, and put it into the eares so greued.

For ache and wormes in the eares.

Take the iuyce of benbane, and put it into thine eares, and it will take away the ache, and slea the wormes in them. Also take the powder of wylhe gourdes, and the iuyce of artemerte, and put it into the eares: also for the wormes in the eares, take cents, ie. and lekes, the iuyce of them both, and put it into the eares, and stop it with blacke wool of a shepe that groweth betwene the legges,

For wormes in the eares.

Take oyle of roses, oyle aliue, oyle of creter, aqua composita of eche of them a like quantity, and compound your aqua vi-
ta with other oyles on the fire, then take rug, and the egges of antes, & breake them small, & compounde them together, being well boyled, and then put into the eares, dipping it in 3. or 4. tymes, and he shall finde ease.

To cause a man to heare well.

Take and make a round losse, and fill it full of sage, & bake it, and whē it is baked, then breake the losse in 2. middell and laye it to the eares, as hote as you may suffer it, and vse this 3. or 4. times, and it will cause 2. party to greued, to heare well.

En

For the running of the eares.

Take the iuyce of elder, droppe in the care of the party so greued, clenseth the matter and the filth out thereof, also y iuyce of violetes is very good for the running of the eares, also take the gall of a wether, and honye, of both like portion, and mingle the, and put them into the eare,

For the running of the eares.

Take the gall of a goose, and woman's milke, tempered with honye, and myrrhe, is a principall medicine, also boyle the iuyce of fenegreke, and put it in a hollowe shallion in the fire, and put the iuyce that is strained there out into thine eare, and lay the onyon ouer the same, in manner of a plaster ouer the care, also the bryne of a boye, poured in the eare doth eth bp the humours of the disease, and taketh away the running of the eares,

For the impostumes behinde the head.

Take beanes, and mingle them with meale, and the iuyce of fenegreke, and it helpeth the patient so greued with the impostume behinde y eare, but it must be laid plaster wise.

For the impostume behinde the eare.

Take milke, and make a posset with allam, and let allame turne it, and lay the cusa to it, and it shall breake. Also for to destroye an impostume in what place soener that it be, take the roote of hollockie and washe it cleane, and seche it tyll it be tender, and then put out the water, then take ynsed, and fenegreke, and do thereto barley meale, and do them together, & frye them in boyes grese, and lay it in the impostume plaster wise, and it will cure the same.

For all manner of sore eyes.

Take fenell, rue, verueyne, enfrance, eudiac, betonie, red rose, & lay al these a day & a night in white wine, & the 2. day put them

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them in a stillatoze, and let the water runne with a soft fire, & kepe it in a glasse, & this water is as good as balme for al maner of euills in the eyes, and also very good for the body.

An other for soze eyes.

Take fenell, rue, beruene, enfrance, betony, endiue, syngrene, hyl wort, penervall, red rose, mayden heare, of ech of them a like much, also 4 ounces of oyle olyue, stamp the and put them into a vessell of glasse, and still it in a stillatoze and parte it in 3. parts, as it is stilled, the first water kepe by it selfe, so; it is as pretious as spizer, the second as golde, the third as hamwe, all these waters must be kept in very cleane glasse, close stopped and so vse it.

A pretious water for the sight of the eyes made.

by King Edward the first.

Take smallage, red fenell, rue, beruene, betony, egrimony, pimperuell, enfras, sage, selondine, of ech a like much, and washe them well and cleane, stamp them, and put them in a faire brassen panne, & the poudre of red pepper coynes, faire seared into a pynt of good whyt wyne, and put the into the herbes with 3. sponesfull of honye, and 5. sponesfull of the water of a man child that is an Innocent, meddle them together & boyle them ouer the fire, and when it is coold, straine it throug a fine linnen cloth, and put it into a glasse, and stopp it well and close, till you will occurie it, and when y neede is do thereof into the soze eyes with a fether and if it be waken drie, thyn temper it with white wyne and it prof feth much all maner of soze eyes, and this did King Edward the vi. practise for to cure all soze eyes.

For the paine and lock and the felon in the eye.

Take the gall of a hare, and honie of ech a like much and mingle them together, and take a fether and do thereof into the

The path way to health.

The eye or eyes, and it will heale them within two . or 3. dayes,
and saue the sight, on euarrantise, for this hath bene proued.

For the paine and web in the eye.

TAke of strauberries, a pint or a quarte when they be ripe, &
put thereto as much of whyte wyne, as of strauberries,
and then do them in a cleane vessell, and let them stand nine
dayes hott, stirre them well euery day thysle or thysle, and the
tenth day do it in a bagge of canuas, and let it go through hott,
thou may not wyng it hotte, let it go by him selfe, then take the
cleare, and do it in a viall of glasse. & then take calamint that is
a stone, and do him in the fire, so that he be glorious hott, and the
quench him in whyte wyne nine tymes, & must heat him, and
nine tymes quen: hym in white wyne, & when þ shalt thus done,
take the stone, and beat him to small powder in a brasen mortar,
if thou haue a peny of water, then do therein one vnce of the
powder, and meddle them well together, and kepe it well, and
it is a pretious water for the eyes,

For the paine and the web in the eye

TAke enffras a good quantite, and stamp it well, and wringe
out the iuice through a cloth: take boyes grese, barows grese,
rapons grese, goole grese, and melt them together in a brasen
panne, and stirr them well together with a rownde staffe, boyle
it well, and let it cole, and do it in a bore. vo a little of this into
the eye, when thou goest to bedde: lying vpright.

For to cleare the eye sight.

TAke and chase the grese of all maner of freshe fysh water
against the Sunne, tyll that thou haue the slime thereof,
and meddle it with honye, and therewith annoynte thy eyes.

For to make cleare the eye sight.

D.

Take

TAke and drinke the iuyce of rue, and it shall cleare eye sight, that if the same do shine, that he shall see the starres at nene dayes. Also take the gall of a swyne, or els, the gall of a white sock, and put the in a glasse, & annoynt the eyes therewith nine dayes, & thy sight shalbe so cleare and as perfect as euer it was.

For the pearle in the eye.

TAke white ginger, and rub it on a whetstone of poy way into a penter saucer, and do thereto white wine, and then take a fether, and wash the eyes therewith, and this hath bene proued.

A water for a pearle in the eye, and for redd blerred eyes, and for to kepe a man yonge.

TAke linnell of siluer, of golde, of laten, of lead, of yron, of Steele, of bytarg, of siluer & golde. w a litle camemyle, as much columbine, and put these into the vyne of a man child, and let it stand a day and a night, the second day in warme whyte wine, the third day in the iuyce of fennell, the 4. day in the iuyce of egges, the 5. in womans milke that nozrytheth, the 6. in redd wine, the 7. day in the whites of egges, the 8. day put them toge- ther and stille them, and looke that nothing spill, & put the said water very close in glasse, and this water bestroperh meslely, & all euill of y eyes, pearle, or blerred eyes. Also if a man drinke of this water it shall kepe him yonge, y vertues of this water is very secrete, for it is called aqua mirab.

For a blerred eye.

TAke the iuyce of colussopps, and take the water distilled, & annoynt there withall. the redd blerred eyes it taketh away the rednes.

For heat and swelling in the eyes.

TAke white bread, & southerne woode sodden in water, & there with

with bath the eyes, and it will drawe the heate and the swelling of the eyes with out any paine. Also for swelling or running of bloody eyes, take and fethredd snayles, and gather the greese thereof, and annoynt thy eyes therewith, and they will be hole by Gods grace.

For smarting of the eyes.

Take womans milke, and the iuyce of centorpe, and meddle them together, and washe well thy eyes therewith, also the iuyce of betonye, is very good with whyte wine: proued.

For a manys eye that is blue or black, with
a blowe or bruse.

Take the white of an egge, and persely, and beat them together, and make it thicke as an oymnt, & lay it to the eye fydds all colde. Also take the gall of an hare, and temper it with honye, and annoynt thy eyes therewith. Also take redd snayles in water with capons grese, and annoynt the eyes therewith.

For the running of the eyes and for watry eyes.

Take betony, and hony a like much, frye them, and straine the throug a cloth, and annoynt thy eyes therewith. Also take columbine, and wyng out the iuyce, and annoynt therewith the eyes. Also take a redd cole lese, and the white of an egge, and annoynt therewith the watering eye, when thou goest to bedd. Also to make thy eyes cleare and bright, take the bloud of small byrds, and hony, and annoynt the eyes therewith, & thou shalt see cleare.

For bloudy swollen eyes.

Take the topps of white wormelwoode, & filladane, the leaues thereof, stampe them, and mire them with the white of an egge, & rose water, & make therof as it were a plaster, and bind it to your eyes, when you go to bedd & your eyes shall be hole.

D.ii.

For

For to draw blood from the eyes.

Take the pounder of camphyr, of warmote, and the whyte of an egge, and make a plaister vpon hard flaxe, and lay it to the eyes: also for to cleare eyes, take warmote, rue, red fennell, stamp them together, and temper them together with small whyte wyne, and straine it through a linnen cloth, and so drop it at euening into the eyes when y^e goest to bed, lying vpright.

For bloody eyes, and watry.

Take a quarte of whyte wyne, and put there the salt of rubies of baron, the brydth and thiknes of a grote, & a good saucerfull of honye, and put them into a latten basen, cleane scoured, and stirr them well together, and couer them with another basen, the space of nine dayes, then take of that basen y^e couereth it, and ye shall finde a creame, breake the creame a litle, and poure out the water that is vnderneath softly into a glasse, & that water shall helpe all manner of redd eyes, and watering, vsing it dayly, put a drop into the eyes, twice a daye.

Another for bloody eyes.

Take the iuyce of rue, and powder of comyne, meddle them together, then take cotton, and dippe it well together therein, and laye it to the eyes, and also annoynt the temples, the browes, & the lyddes of the eyes therewith. Also take the rootes of redd fennell, stamp them, and lozing out the iuyce, & temper y^e iuyce with honye, clarified, and make thereof oymments, and annoynt therewith the eyes and it shall take away the rednes.

A medicine for a mane eye that is broke with a staffe,
or brysed with any stroke, and hath
bene sorely proued.

Take a pinte of whyte wyne, & a handfull of red rose leaues, & as much comyne as y^e can holde betwene thy fingers, &

Do it thereto, and seeth it well till it be almost sodden, but not all
sodde a tray, and then take that licour and put it into a glasse, and
therof do into the eye, and do so v. or vi. dayes, and wash there-
with the sore eye, and at even make a plaister of the same leaues
that be sodde, and lay it vpon the sore eye, and this will heale y
eye, though the ball thereof be cut, or hurt with a rodde or staffe,
or any other kind of bzaile in the eye: proued.

For the yching of the eyes.

Take the oyle of Tutlye, and anoynt the eies therewith. Also
sumace is good for the yching of the eyes caused of hoat hu-
mors, and washe them with that water before expressed.

A principall medicine proued, for man, woman, or child,
that hath any sore eyes, and this medicine
neuer faileth, but restoreth
the sight.

Take a stone called Calaminte, and make it gloeing hoat 9.
times, and quenche it 4. times in rose water, and 5. times
in whyte wine, then take this stone that is thus quenched,
and make of it smal powder in a bzaen mortar, then take Fran-
kencense, as much as of the powder of the stone, and make it al-
so to powder, and looke that thou haue of them ii. euen portions,
as much as thou wilt and grind euery one by themselves to smal
powder, then take rose water, and water of rue, and of fennell,
of ech of these 3. ii. portions, and of the water of straberries, &
the water of berueryne, and the water of enfras, of ech of these
3. thys portions, and doe all these waters together, in a cleane
bessell, and then looke howe many unces thou hast of thy pow-
der 2. unces, of the before said waters that be medled, grind the
powder of Calaminte and of Frankencense of a marble stone, as
you would grind vermyleon: but thou must grinde euery one of
them by themselves, then take fresh swines grese of a barrowe,
then wryng it through a cleane cloath, and looke that thou haue
as much waight of colde grease, as of the mingled waters, take
thys

then thy grounded powder of Calamint, and boyle it with thy greese, and with thy mingled waters, with a soft fire of coales, without any smoke, and when thou hast boyled these well together, do then thereto thy Frankencense powdered, and then boyle them all so long till the smoak: of the boylinges cease, and then take it from the fire and let it cole, but from the time that thou sett'st it first to the fyre for to lasth, bee euer stirring it kinsely till it be ro'd and thicke, then take Camfire, and pare it in small peces, then take of thy oylment euen as much, & grind them together by parcels on a marble stone, & when they be well med'ed together, then put it in a bor, & i. ounce of Calamint, & i. ounce of Frankencense enfrance 3 d. & p waight of 3 d. of Camfire. and they have any greuance or sicknes in his eyes, at euen sitting on his bed take of this oylment with thy finger as much as a wheate corne, and hold it in thy eye untill it be relented, and then dippe thy finger with the oylment softly betwene the liddes of his eyes, and then let him lye downe and sleepe, and on the morrow when he riseth, walke the eye with rose water, or with enfra water, or with fennell water, or with rue water: these waters be good therefore, but ere thou walke the eyes therewith, heate the water a little ouer the fyre, but take that thou wash not with no fasting spittle, no; with no other thinge but with one of these waters before said, and thou shalt be whole: surely proued.

For the Impossumes in the eyes.

Against the Impossumes of the eyes and webbe of the same, put the iuice of hony suckle thereof often therein, or mingle it with pure hony and strayne it, and it wakeneth the impossumes & the webbe maruellously, and it was thus proued: One tooke a cocke and a welpse, and pricked their eyes with a crooked yron or needle, so that they seemed that their eyes were out, and then he hused this herbe, and put it in their eyes, and they became as sayre and cleare as they were before, whercof he had maruel, and proued it many times vpon diuers persons.

For Impossumes in the eye liddes.

Lake

Take salte and burne it in a cloute, and temper it with honny, and with a feather annoynt the eye liddes, when the partie goeth to bed.

For wozmes in the eye liddes.

Take bay salte, and burne it in the fyre, and then stampe it, and doe thereto clarified honny, and the water of a lillie, and a little copperas, and annoynte thy eye liddes when thou goest to bed, and this medicine will clea the wozmes that be in the eye liddes: p.ouch.

For stinking at the nose.

Take clones, ginger, and Calamint of ech a like much, & seeth them in whyte wine, and therewith washe thy nose. After that, put in the powder of Piretrum to prouoke one to nesle, if there be repletion of scume in the head: first you must purge the head with pylls of Cochie, or of Hiera picra Also if the stinking of the nose come from the stomack, first helpe the stomack, et sic.

For the polire of the nose.

Against the polire of the nose. make a suppositoary or tent of a plaister called Apostolicon, and put powder of copperas theron, and put it in the nose, or make that tent of cotton, and wet it in salt water, and lay of the said powder thereon, and put it in the nose. the said powder is also good to scette the proud flesh of superfluous blood of the nose, first burne it, and put it in old parchment burnt and made powder thereof, and take masticke, and then make a tent of Bursa pastoris, with part of a stone called Emachitas, and put it in the nose.

For the polire of the nose.

Take and put the iuice of luyge into thy nose: this, is very good, the gummie of luyge made in an oylement, is called Dialthera

Dialthera, and hath power to chase and to consume. Also against the polire make a tent of Apostolicon, and the powder of burnt brasse, and lay it to the nose, et fiet.

For the pole in the head.

Against the returne of pole, medle þ powder of comin seade, and bay berries, & put them all hot in a bag, and lay them to the head for the pole.

For the nozethill a medicine.

For the highnes of the nozethills, and rednes caused in flure of humors, take the broth that Olibanum is sodden in, & first in the morning pilles of Olibanum, and at night to bedwarke the said broth: these pilles comfort digestion, and purgeth the stomacke.

For bleeding at the nose.

Take and medle the powder of betony, with as much salte, & put as much as ye can take betwene two fingers & a thombe in the nozethills, and the blood will staunch, also take & wet cotton in the iuice of Bursa pastoris, and cast powder of Antimonium upon it the bleeding will stente.

For bleeding at the nose.

Take a dram of Bolæ armoniacke washed, and myre it in rose water, and plantayne water, and drinke it. then binde the extreme partes as hard as you may, and after make a tente of græke nettles, and put into his nose. Whereouer it is good that the patient do hold in his hand egrimonie with the roote and all, and drinke the iuice of knotgrass, the blood will staunch.

For bleeding at the nose.

Against the bleeding of the nose that cometh by ebullition, or boyling

boyling of the blood in the liver and baines, in sommer make
b:anes, mast in the iuyce with rose water, and laye them to the
forehead temples, and to the lower it is very good for to wet it
in water onely, it hath bene proued.

Against the bleeding at the nose.

Take and wet the pith of an elder, in the iuyce of Bursa pas-
coris, and cast powder of sumac thereon, and put it to the nose.
Also take and wet cotton in the iuyce of bloodwort, and put it
into thy nose, and it stauncheth blood. Also take the iuyce of net-
tells, and rub well thy forehead therewith, and it will staunch it.
Take the seede that hangeth vpon a hassell bo we, burne it, and
make powder and blowe it into thy nose, with a goose quill, or
dinke the iuyce of plantayne, and the blood will staunche pre-
sently.

An experiment for the tooth ach.

Take bestony, and wild gourdes, and lett them in wine, or in
vineger, and then put it into thy mouthe, as hott as thou
maiest suffer it, and holde it a good whyle in thy month, &
it will take away thy paine. Also take henbane, and bruse it,
and holde it betwene thy teeth a good whyle, and lay it also vppō
the tooth that aketh, and it will allwage the paine: Take 3. or
4. rais of ginger, and bruse them with halfe pint of ale, being
sodden therein till it be wasted to a quarter, and put it into the
parties mouth, as hot as he may suffer it, and it will take away
the tooth ache.

For the tooth ach.

Take strong ale, and musterd of the best, and gomme elder,
and put it in a porringer, and set it ouer the fyre, and stir it
and when it is thicke, take it and hold it on that side that
the paine is. Also take henbane seed, and seede of lekes, and fran-
kincense, of ech a like much, & lay these 3. on a glowing hot tile
stone, then

take a pipe of latten that is wide at the upper end, and small as bone, then set the wide end to the stone, and the small to the top, and let the swaake go to the topp, for this will flea also the woxmes, for this hath bene proued.

For the tothe ache.

Take the roote of henbane, and sethe it in vynerger to the 3. part be sodden away, and with the same wash thy mouth, and hold it in thy mouth a good whyle, and it will flea the ache: also take the roote of henbane, and holde it betwene thy aking teth, and it with do away the paine thereof.

For hollow tethe.

Take Asa fetida, and put it in the hollowe toth, and it shall helpe them. Also take rue, and lay it to the hollowe tethe, and chive it in your mouth, and lay thereof into the hole, and it shall aswage the paine thereof,

For hollow tethe.

Take vineger, and mustard, poudre of peper, and pellytoxy of Spaine, and the curnell of a watt gall, and boyle them all together, and put it in the hollowe teth, or else about the gommus butt, and thou shalt be hole. Also take the seedes of henbane, and beat it to small poudre, and meddle it with ware, and make a litle pellet that it may be full of poudre, without fourth, and putt it in the hole of the hollowe toth that aketh, and it will flea the toth ache that is hollow, and this hath bene proued.

For woxmes in the toothe.

Take peper & stampe it, and temper it with good wyne, and suppe therof warme, and hold it in thy mouth till it be colde, and then spitt it out, and thou shalt be deliuered of all anguishes at thy toth ach, Also take 5. lede of henbane, & cast it on a chaffring dish.

dish of coles of charcole fire, and holde thy mouth ouer the fire, & y^e smokemay enter into thy mouth, ouer a bassen of faire cleane water, and thou shalt see vpon the water, as it were small wormes that shall come forth at thy mouth. Also take tansy braye, and stoppe the hollow toth therewith, and it will kill the wormes, and take away the paines thereof, proued.

To make teth fall out of them selues.

Take ground wormes, & a redd hott tile stone, and burne them to pouder, and put the ashes into the hollow toth, and couer it with wax, and they will fall out of the selues. Also take the roote of henbane, and make it in pouder, and touch the tooth, and it will fall out, take heed that you touch any but that which is sore. Also burne to pouder a harts horne, and rub thy teth therewith, and they will fall out. Also make dowe of wheate flower, with the milke of spurg, and lay it about the toth that is pained, and it shall fall out. Also take a water frogg, and a grene frogg, and seth them together, and gather the grese, and smere therewith the gums about the tete, and they will fall out quickly.

For yellowe stinking teth.

Take sage a quantity, and do as much salt thereto, and then do it cossen as thou wouldest make a pasty, and bake it in an ouen all to colde, and thereof make pouder, and therewith rubb thy teth. Also take grene branches of brome, and burne them, and make pouder therof, and do there to of as much of the pouder of allam brente, then meddle them together, and temper them with water, and therewith fronte well thy tethe, and that will do away the yellownes, and blacknes, and the stinkyng of the teth. Also take 2. handfull of commyn, & stampe it small, and seth it in wyne, & giue the party so greued to drinke xx. dayes, and it shall helpe them. Also masricke chewed within a mans mouth taketh away the tothe ache.

To make teth white that be yellowe or blacke.

The pathway to heale.

Take flower of re, and salt, and hony, and meddle them fast together, and therewith scote well thy teeth every day 3. tymes, and after washe thy mouth with water this way: do alway the pollownes, & make thy teeth white. Also take white marbell, cuttle bone, white corall, salgеме, bare salt, mastiche, and the pills of citeron, of ech of these a like much, make thym in very fine powder, and rub þ teeth there with every morning, & afterward wash your mouth with white wine, where hath bene sodden dill, or cammemell. Also take vinegar of squills, and dipp a litle peece of cloth therein, and rubb thy teeth and gomme with all, the said vinegar fasteneth the gomme, comforteth the roots of the teeth. Also seurny grasse doth the same. Also distill a water in a limbecke of 2. parts of salgеме, & the third parte of allam, and rub the teeth with a cloth dipped in the same, and it maketh the teeth white and clenseth the gomme.

To make the teeth cleane.

Take rosemary, sage, and a quarter of allam, and hony, and boyle them together in saire running water, and when it hath bene well boyled, straine out the saire water, and kepe it in a glasse, and use it sometime to wash your mouth, and the teeth therewith, and it will make the cleane. Also wash the teeth with þ decoction of our Lady thysell roote, and thy teeth shal be fastened, and also kept cleane; and thy gomme being sore about the teeth shalbe made whole. Also the roote of horehound quicken or chewed of a man fasting, doth quickly heale the gomme and maketh the teeth cleane. Also strawberry leaues taketh and clenseth the teeth and gomme, a sure and tryed experiment, pronounced.

For the gomme.

Against swelling of the gomme, wash them first with vinegar, and allam, confecte together, but first let ventholes, or bores be scarification, on the nocke and shoulder, or set the ventholes in þ hinder part of þ head, & scarifye it 3. daies then laye horseleches to the gomme, and washe the gomme with vinegar where in allam, nutgalls, and rose hath bene sodden in, & with þ vinegar wash thy mouth, three or four daies thus or thise a day

The pathway to health.

day, and it will ease thee.
Also against the rottenness of the gournes, take singlile, and rub the chake therewith, tasech away the rotting of the gournes.

For the gournes that bliste.

Against the bleeding of the gournes, take powder of corall, and of anthers, that is in the middle of the rose, and lay it upon the gournes, or confect it with honey, and annoint the gournes therewith, the powder of corall, put to the gournes heateth them. Also for the gournes that rotte, rubbe them with mirbe, and it will doe it away. Also the fume of mirbe recoined at the mouth comforteth and purgeth the braine.

For the gournes that are gnawen.

Take and seeth cloues in water of roses, and then dye them, & make therof powder, then temper the powder with rosewater or with roses, and that is best, and then dye it againe in the sun, and do so 3, or 4, times, and then temper the powder againe with rosewater or with the water of roses, and anoint the gournes therewith, and lay the powder on them.

For blisters in the mouth, & swelling of the lips.

Against the blisters in the mouth & swelling of the lips, take & seeth the leaues of mallick or mallick in vineger, & with the same make a gargarisme therof. Also against fleaping & rawnes of the mouth coming of fevers, & against small blisters and swelling, seeth yolks of eggs in water, and then scy them til oile come out of them, & with the oile confer the powder of pennets of dragagant, & annison, and annoint the griefe. This powder confect with strope of roses or violets, is good therefore.

For the chipping of the lippes.

For the chipping of the lippes, take pennets and delay them in water of dragagant, & annoint the lips therewith.

also

Also for lippes that be broken with the wind, take the oyle of almondes and Propolis, boyle them ouer the fire, and let it become dense hard, and therewith anoynt the lippes so chipped with wind. Also for aches in the lippes by chippinge of the lippes, lay the powder of canell in the cliftes, and kepe well the lippes together, and bind a cloth thereto.

For swelling of the cheeke that cometh of the tooth ache.

Take the iuice of the leafe of nettle, and the whete of an egge, and Frankensence, and wheate flower, and make thereof a plaster, and lay it to the sore cheeke, and it will doe awaye the swelling therof.

For the canker in the mouth.

Take a pinte of whete wine, and as much running water, & the croppes of sage, two spoonefull of life hony, and as much allum as an egge, boyle all these together, and strain it with a cloth, and let the allum bee consumed, and when it is somewhat cold, put again a glasse and use it. Also take the roote of selondine, & seeth it in whete wine, & when it is wel sod take the pot doونه, and let the sicke hold ouer his mouth, and let the breath goe into the body, and it shall slea the canker.

For the canker in the mouth.

Take the iuice of woodbine, and the iuice of red wortes, hony, powder of camemell, & powder of with sage hony, also take red wine a pinte, a quarter of a pint of hony, and as much allum as a honyes egge, and seeth them alwaies, till the thirde parte thereof be waied: poure.

Also take vineger, allum, mustard, rue, anence, Hope, hearbe Robert, and seeth and strayne them through a cloth, as hot as you may suffer it, and washe thy mouth oftentimes therewith, and it will heale the canker.

For the canker in the mouth and for
stinking breath.

Take a handfull of woodbine, as much p'anten, and bray them
small, then take a pint of apsell, and another of water, and a
quantitie of hony, an other of allam; kepe all these waters toge-
ther in a glasse, and washe well thy mouth therewith, and holde
it in thy mouth, and it shal destroy all cankers & stinking breath,
and saue the teeth from rotting.

A very good water for a canker
of soze mouth.

Take a handfull of woodbinde, as muche planten, and halfe a
handfull of Lavender cotten, as much sage, an ounce of white
rock allam, and three spoonesfull of hony, bray all these in vinegar,
let all these be moderately warmed, & put it into a still with the
herbes, and softly distilled, and after meales washe your mouth
therewith, three or foure times a day: proued.

Against cliftes and soazes in the mouth; take dragagante in
rose water, and wring it in a cloth, and with a glewy substance
that commeth out, mingle the powder of Amidum, and with a
sether wet therein, and anoynt the soze mouth therewith, and it
will heale anone.

Also for a man that cannot well ease, take Ambrose, penny-
all, auncie, ache, Organum, rue, swill these together with wa-
ter, and drinke the water morning and evening till thou be hole.

For insauery mouths.

Take the iuice of endine with suger, and if the iuice be thicke
or troubled, clarifie it, and so maye all other iuices be in this
wise: Sooth the iuice of endine a litle and let it stande, and that
which is thicke will goe to the bottom, then take the thin liquor,
and straine it often through a cloth, but wringe it, and not with
that iuice cleare as water, make throps with suger, if yee will
make it thinner, put the white of an egge thereto.

For

For stinck in the mouth.

TAke and make pills of Calsia lingua and eate of them, & they be good for the stincke of the mouth. Also for the stinck of the mouth caused of rottenesse of the gournes and teeth, take & washe the mouth with water that garden mintes be sodden in, and rub the teeth with the mintes, or els with the powder thereof. Also chew muller, and it will do away the stinck of the mouth. Also take the iuice of beruaine, and boyle it and put it in the mouth, and holde it a good while close in thy mouth, and it will take away the stinck of the mouth: prouen.

To take away the stinking of the mouth.

TAke and washe thy mouth with water and vinegar, & chaw masticke a good while, and then wash thy mouth with the decoction of anniseedes, myntes, cloves, sodden in wine, if stinking of the mouth be come of a rotten tooth, the beste is for to haue it drawen out. Also you must wash your mouth before meat and after with warme water.

For to cleanse the mouth, and to purge the humors from the mouth, which descends out of the head, it is good every morning fasting to washe your mouth, and to rubbe your teeth with a sage leafe, pilles of citron, or with powder made with cloves of nutmeg, you must forbeare all meates of euill digestion, and rawe crutes.

For a stinking breath.

TAke oyle Doret, Turpentine, hony, oyle oline, virgin ware, as much the one as of the other, and boile them all together, and make an oymment thereof, and vse it every daye in the patients nostrills, and let it be put into the nose every day waxes made of linte, scrapes of fine linnen cloath, & he shall bee whole.

For a good breath.

Take

Take and wash thy mouth with the water of the shells of Iron haue bene sodden in, & thou shalt haue a good breath. Also these confectiōns make the breath sweet, smell as odure, the electuary of Aromatikes, and the pills of citrons. Against letting of the breath caused of cold humors, take & drink the herbe dawke and that hyssops haue bene sodden in, and it will make the breath sweet & wholesome: ppones.

Take red mints & rue, wyng the iuice in the sickes noses, bylles when he goeth to bed.

For the tongue.

Against the sharpnes and drynes of the tongue, put this gum in water which is called gum arabike, til the water be thyn, & with that thine moist the tongue, or bind the gum in a thin cloth, and put it in water till it begin to melle, and with the same cloth rubbe the tongue, and it will take awaye the vice thereof. Also for the roughnes of the tongue, put the seedes of quinces, or the curneis in a fine cloth, and washe the tongue there with, also take Phyllium of the seedes thereof.

For drynes of the tongue and for thirst.

Against drynes of the tongue of the feuer ague, put the seede of fleaworte, and bind it in a fine linnen clothe, & then put it in cold water, and therewith wash & rub thy tongue and scrape it with a knife. Also for thirst put the seede of fleaworte in a bag, and lay it on the tongue.

For thirst in the tongue.

Against thirst in the tongue, gine Rys that Dragagant is dissolved in a night, or make a rope with water that barley and Dragagant is sodden in, and it is conueniable for feuer agues, also Dragagant be holden under the tongue.

For the palse in the tongue.

Take

Take

Take and ste great strong ground mustard, the powder of pines well staled, powder of sage mastice, and of sugar, doe these powders in the mustard, & eate every day at meales thereof, and it will take away the pallsie of the tongue. Also the seide of mustard seide sodden in oile or wine, is very good against the pallsie. Also take the powder of Castoreum, and hold it under the tongue till it be molten or dissolved.

For the pallsie in the tongue.

Against the pallsie of the tongue, that is when the tongue is full of holes, & the patient cannot speake because himselfe of the tongue is full of humors, as it appeareth often in fevers &agues, therefore do chew the leafe of cretiss, and hold it under the tongue: proued.

For him that hath lost his speache.

Take sage, pimpernel, kemp them well, and anoint his tongue vnderneath with the iuice thereof. Also take the iuice of sage and pimpernel, and doe it in his mouth. Also take ache mints, red betony, and lay them into gotts milke, drink it morning and evening. Also take 3. vnces of betony, and swete milke of a goat, temper them together, and drinke it three daies together, for the pallsie in the pretious.

To restore speech that is lost by a stroke.

Take penneriall, and temper it with apsell, and giue the sick to drinke it, laye also a platter of this to his nose, & thrilles it greued.

For a man that is deaf, and cannot heare.

Take Galbanum and set it on fire with a candle, & make it smoke, and put the smoke to his nose, and thou shalt cause him to slepe.

Also take the iuice of sage, pyimrols, and use it in his month, and hea shall speake by Gods grace. Also take the iuice of greene morrell berries, and clarifie it well, and drinke thereof and thou shalt slepe.

For sunne burning.

Take the iuice of lymons, with a litle bay salt, and wash your face therewith, and let it dry in, & do so 3. or 4. times, and yt will helpe you. Also take half a pnt full of raine water, & fill it wth veriuice, and seth it till it be consumed away, and in y time that it is a boyling, fill it with the iuice of lymons, & robert it is sodden, take it of a fire, let it coole, and then take 8. newe laid egges the whittes of them, and beate them fine, and put fine sugar to it, and so occupe it for sunne burning.

For red pimples in the face.

Take a litle roche allam, and breake it in small peeces, then take the white of a newe laid egge, & put it in a panne that is cleane within, set it to the fyre till you see it boile, and stir it all the while with a litle stick till you see it wat hard, take this, & anointe your face therewith. Also take rose water, and water of wild tansie, and medle them together, and therewith anoint the face therewith, and thou shalt be hole.

For pimples in the face.

Take and washe your face when you goe to bed with faine water, and let it dry in, take the white of an egge, and put it into a saucer, and set it upon a chafin dish of coles, and put into it a peece of allam, gather it together with a sponge till it come together, and make a round ball, and therewith anoint the parties of the face where the pimples be.

For heat, and blains in the face.

Take

Take the whites of 3 eggs and beat them with an allom stone till they come to a card, then take it and set it upon a few embers, and alwayes stir it as it doth gather to a cirde, then take it of, and put it upon a painters stone, & put thereon Vnguentu populeon half the portion, and of allom as much as your thumb, so fine beaten as may be, and this grind with all the other ingredients a longe while, and put it in a glasse or potte, and therewith anoynte thy face.

For a rich face.

Take three yolkes of an eg raw, as much in quantity of fresh butter or capons grese without salte, camphier ii. lb. red rose water halfe a pint, 2. granes of finest, & boyle all these together in a dish, and then straine them through a cleane cloth, and so set it to kele, and take the vpermost and boy it. Also take Populion, & bymstone and fresh butter, and a handfull of red sage, and stamp and straine them, and then melt all together, and put in a boy. Also take white copperas i. ounce, i. pint of running water, & boile them altogether to the holl, and skim it cleane, and straine it, and put it into a glasse and set it in the sunne, then wash thy face with a sether, and anoynte thy face therewith euening and morning till it be hole.

For a sauce stained face

To anoynt it by day, take 8. lb of camphier, and as much of boyes grese as a colterde apple, and mingle them together finely til you can perceiue none of the camphier, then put it into a bote, and kepe it as close as you can from the ayze. Also to anoynt the face by night, take a quantity of Weares setwet and put thereto a litle boyes grese, and a quantitie of bymstone, and boyle them together with a quantity of copperas, & a pint of v. neger or claret wine, and boyle them by themselves together, and therewith anoynt thy face.

To make a good oymment for a soulesamed face,

The pachi way to healeth.

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Take an ounce of oyle of bayes, and an ounce of quicksiluer, and doe them in a bladder together, with a spoonefull of salting spittle, and then rub them well together, that they see nothing of the quicksiluer, and then take of this oymntment when that it is made, and annoynt the faulesseme face therewith, and heale it well and faire, on warrantise, proued true.

An other oymntment for the faulesseme face.

Take the rootes of louch, and of docke rootes the topps of nettles and of celandine a like much the quantity of thre vnces, halfe a pound of the beanes of periele, and bray them well in water and do thereto two pound of boozes grese, and stamp them well together, and let them stand still 4. dayes, after set it ouer the fire, till it seeth, then straine it through a faire cleane cloth, and then do thereto fine frankensence, myrrh and massike, of ech an ounce, and let it boyle estionies with a gentle fire, and stir it well with a stye, and then let it kele, and when it is colde put thereon 2. vnces of quick siluer, and melle them together, and therewith annoynt the faulesseme face, and this will heale it proued.

An other medicine for the faulesseme face.

Take the pety mozell and still thereof a quart of water, and take a quarter of a pound of camphier, and heat a little the water, and then put the camphier therein, and then mingle them well together, and do it in a glasse and stopp it well, but thou must bruse it a little before in a mortar, a little of the mozell before thou do still them, and with that annoynt the faulesseme face, and with this water you may heale any man of the faulesse face full often proued.

For heate of swelling in the face.

Take and boyle the leaues of the blason's oshon in white wine or faire water, & ble to wash thy face a face therewith, & it will preserue thee from all incommodities

quencies, and also to make thy hands and face smooth.

For wens in the face.

Take white myrrour, and a litle hyony, and a dry figg that is fat,
and annoynt your face, and go till you do sweat againe.

For a man that sweateth to much.

Take lyneseda, and lptuce, and stamp them together, and
laye it to thy stomacke.

For to make the face faire.

Take the flowers of rosemary, and losh them in white myrrour,
with the whiche wash your face, if you drinke it, it will make
you have a sweete breath. Also to whiete the face, put this pow-
der of Sepia, in hyment ceterum, & annoynt the face, or make
powder of the roote of serpentine, and of this hony and meale it
with rose water, and let it drye, and then put it to the same wa-
ter againe, and let it drye, and do this 4. or 5. times, and annoynt
the face withall.

For a child that is intewell, or molofall, or rothill.

Take a handfull of chickweede, and laye it in a redde cole
leafe, or else a lymen cloth and roast it in the hote embers
in the fire, and it shall be a grene salve, and then laye the saide
salve to the honye of the necke, as hot as it may be suffered, and
take four leasen of wyper bread, and croone it on the meale
of the childes head as a playster and it shall raise up the bone, or
mould, by the grace of God within ix houres.

For a colic and short breath.

Take a gallum of ale, and put thereto a pyrrill of oyle of scorpi-
on.

The path way to beald

Scraped, a halpurth of annyseede, a fittle bynseede, and a hande-
full of floe as much penyall cleane washed, and let them seeth
to 5. pintes, and drinke this morning and evening, till you haue
ease.

For a hoarse voyce,

Take the throte that red coleworthe haue bene sodden in, and
minge it with 7. or 8. penyalls, & an ounce of syrre of map,
Beh here, & geue unto him whē he goeth to bed, take diayris
simple, and eate a lasing of the same, at morning and also at
night.

An other remedy for a hoarse voyce.

Take great reysens, syggs, sager, cinnamon, and cloves, of every
on a litle, sethe them in good wyne, of the whiche ye shall giue
to drinke morninge and eveninge 2. times at a time, except bee
hate a fever. Also it is good to take morninge and eveninge a
sponefull of the syrre of Inibes mixt with a roote of licorise in
manner of a loosanum, if with the laid hoarcones there descende
aboundante of water to the mouth, it is good for to make an
electuary of halfe dyayris, and halfe diadriganum, and use it
oft and laste.

For to open the pyppe, and to make the voyce clear,

Take a sygg, and put him in the powder of floe, and eate
every day a sygg, and it shall helpe him one warrantise.

For a sore throat by mouth,

Take gient saile a good quantite, and steepe it, and boyle it,
in fayne water in a posnet, hold the mouth open thereon,
and let the ayer therof into the throte, as hot as thou mayest
suffer it, suppe and holde it in the mouth, and as it doleth in the
mouth, spit it out and so take it till and drinke it one night.

Remedy for a sore throat.

Take halfe a pinte of the ioyce of mulberies, and a pint of clarified hong, and a quarter of a pinte of claret wine, seth them altogether till they be consumed. Also take woodbine, sage, sunder, and roses of each a handfull, seth them in faire water till the strength of the herbs be sodde; then take .x. or .xii. Spoones full of the syroppe of mulberies, and gargell it in your throte take warme, and spitt it out, and this use it often times till it be hole.

For a sore throte.

Take the oyle of camemile, and of violets, and the oyle of almonds, and the grasse of a henne as much as of all the others, and mingle all together, and annoynt the throt & hers with, wash well wth pickle it. Take the donge of an asse, and the donge of swallowes and make it in powder, and put it in wine, and gargle it in your mouth and throte as hot as you may suffer it. Also take of the swallowes in the nest, and a pound of the oyle of cammimile, and the oyle of almonds, as much of the one as of the other and lay to it.

For the swelling in the throte.

Take the grene backe of the elder, and bape salt, beat them together till they be somewhat small, and lay it to the swelling of the sore throte.

For the quinsie in the throte.

Take Chick soyde, and seth it in running water, and put it in a pott with a narrow mouth, and let the patient holde his mouth over the potts mouth, so that the ayer may enter into his throt, and then take the water warrely coult, walke the throte within and without, and the quinsie shall vanish away.

The pathway to health.

For the quinsie in the throat.

First let the party so diseased be let bloode and the left arme
of the tyner baine 3. or 4. vnces, and let him gargale it with
wine vinegar, and water warmed together, of eche a like
quantity, gargale it often times and spitt it out, and let him
haue metridatum, in wyhte wine, and let him sweate vpon it an
houre or tvice, and if the quinsie be swelling al ready in his throat
then let him take that followeth. A plaster for the quinsie, take
a swallows nest as you finde it, with bird or with eggs, or els
without, and put to it 3. handfull of mallowes with as much
water crosser, boyle them together in milke untill they become
sotte, and till the milke be cleane consumed, then beate it in a
bottle untill it come to a plaster, and take as much as your fist
of the same and make it warme, and put it lyke a plaster about
your necke where the swelling is as hott as you can suffer it, &
so chaunge it often times, untill the paine be gone.

For the quinsie in the throat.

Take the hott bread, and put it in honey, and it shall drinke it vp
and lay it to the necke as hott as you may suffer it, and take
the iuyce of plantan, and gargle it vp and downe thy throat
and it will ease the payne thereof. Also take the berries of mul-
berries and make iuyce thereof, and seth it in a litle tyle and
wyne, and put vinegar thereto, and so gargle it. And an electua-
ry made of the iuyce of the berries with scummed honye is good
for the same, and it may be kept 5. yeares in seeds of dianorum
for the quinsie.

For the cough a remedy.

Take 3. layes, greate raylons, & 4. eggs, of ech a litle hand full, Al-
ways 1. vnce, boyle the in water till 3. part thereof be wa-
ted, geue the party so greued for to drinke twise a day in the mo-
ning 2. houres befoze meate, and at night 2. houres befoze supper
it is good for to ease a loosing of Diarris or Diapeaidion, if you
will

will haue it stronger, put to them in the decoction a litle eble
woyces, anniseedes, and fennell seedes, with the seeds of net-
tles, of ech two drames.

Against the cough a medicine.

Take the roote of enela campanam, ho:ehound, holy hock, of
ech of them a Nike much, seeth them all together, in wyter
wynne, with a dosen of salt figgs, and with a litle licorice, drinke
therof a draught every day thwile.

For a drye cough.

Take anniseedes, and alse seeds, bilet, and beat them to pow-
der, and stamp them with euen portion, and seeth them toge-
ther till they beay thicke, and do them in a bott, and let the sick
first and last eate thereof.

For the cough by stoppings.

Take $\frac{1}{2}$ powder of slope, $\frac{1}{2}$ powder of aniseedes, powder of gin-
ger, powder of lpro:is, & mingle them with hony clarified, &
eate thereof till thou be hote. Also for the cough take a litle bylm
stone and make powder thereof, and put a litle thereof upon a
board or trenchore, and take a sticke or role of fire, & put it in $\frac{1}{2}$
bylmstone, & let the party so greued holde his nose ouer the said
bylmstone flame, and it shall breake the great cough, and also be-
ey good for the pole and retorne in the head, proued.

To make a powder for the cough.

Take suger candy, elinacampare roots dyed, but nothing so
much enelacampare as suger candy, and do 2. or 3. cropps of
slope dye, and a race of ginger, and beat them together, and
eate of these powders, morning and evening till thou be hale.

To make syder for the cough.

Take

The pathway to health.

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Take a pint of Rhoen water, half a pail of clipped rosemary, a quarter of a pound of sugar candy, 3. spoonfull of anise seeds bruised, 2. spoonfull of hyssop felices, seth all these together upon a soft fire untill it come to a syrrope, then straine it, and take a spoonfull of it morning and evening, and let it goe till the patient be goodly.

For the perryous cough.

Take whyte hore hounde, and stamp it, and toying out the iuyce, and meddle the iuyce with hony, and seth it, and giue the sick to drinke thereof. Also take a garlick head, and roste it, and take away the pills and eate it. Also take a colts foot, and strae the inner side the leaf with may butter, and lay it to the sick mans stomacke or belly every morning and evening, and giue him no milke nor butter nor cheeke nor no salt meat, nor salt porridge, nor nuts nor apples, but make the party porrage with leas, and roste him in onion, and let him eate it with a little pepper and hony, and therein and be it often.

For the perryous cough, take the colts foot in a day or two, and giue the sick to drinke it.

Take 2. or 3. garlicks hons well moystified, stamp them, the put into hoggs grese or suet, and stamp them well together and at night when thou goest to bed, warme well the soles of your feete, and anoyne them well with the salve: confession as thou art, and suffer it, and also the smalt of your legges, and put a warme cloth about your feete, and with in three nightes he shalbe eased. Also take bymTone and put it into powder, and put a little thereof to a new laid egg salt rosted, and mingell it with together, then put thereto of benyadin as much as a ripe pears flight, is stamped, and drinke it in the morning at your breakfast, and at night.

For the perryous cough, take the colts foot in a day or two, and giue the sick to drinke it.

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For the perryous cough, take the colts foot in a day or two, and giue the sick to drinke it.

Take a pound of licoris, and scrape away the barke cleane, and
 stampe it in a mortar and put it in an erthen pott, and put
 thereto 3. quartys of the best woort that may be gotten, a. l. vnce
 of suger, and a quarter of an vnce of ginger in powder, a. pint
 of clarified honny, and seth them all to gether, till they be halfe
 waisted, the straine it through a cleane cloth into a faire vessel,
 and let the party vse thereof first and last, at euery hot, and in the
 morning cold, till thou be hole.

For the dry cough, an other.

Take annise seeds, small rad seeds, and violet seed of each a. lb. a
 much, and heat them all together in powder, and temper them
 with wine as the quantety giueth, and seth them all together,
 till it wax thicke, and so vse it. Also take the seede of nettles, a
 lb. seth them in oyle, and annoynt the secte therewith, e. thy hands,
 and it will do away the cough. Also take sage, rewe, and pepper
 and seth them with honny, and eat thereof a. spoonfull first and
 last. Also take the syrape of violets, and of longeb, and drinke
 thereof. Also it is good to take first and last a lozinge of diadraga
 gant, and afterward to drinke a draught of good pilsage, and this
 is a present remedy for the cough, coming of a cold cruse.

Take a pint of running water, and an vnce of suger, a
 good race of ginger, and pike it and scrape it cleane, and
 tread it in good handsome peces and so put it to the water and
 to the suger, and boyle the together fro halfe a pint to a quarter
 of a pint & lozine it to the party to drinke for it will stay & bo
 with in a very litle space.

For them that may not holde there meate,

Take

Take yon house and billowete, of eche of these a like mure, and wash them cleane, and stampe them, and put thereto the powder of pepper, and seth them together in faire water, and let the patient drinke thereof like warme first and last.

For a vomit a remedy.

For them that haue vomitt, and for them that haue not their breath at will, and hath stopping in their brestes, take a dram and a half of the powder of betong, with a goblet full of water, and drinke it fasting. Also against the vomitt caused of tickednes, heate of obor of collicrick, melle the powder of the s. leaved grasse with the white of an egge, and rost them on a tyle, & giue it to the patiente to ease. Also for the vomitt caused of retentive weakenes, take the powder of gum arabie, and powder of cancel.

For a man that vomitteth frequently.

The roses and boyle them with orange bines, and make a plaster thereof, and lay it to his stomacke all the while vomiting, sometime sometimes without great violence, & thereby one getteth health, wherfore ye need not giue him any remedy, for it is a good action of a naturall vertue of the stomacke, sometime vomiting cometh by a great violent moving of the heart, & pulling of the stomacke, for the euill thinges contained in the same a remedy, one may well helpe a man so vomit, giuing him water warme with a litle oyle to drinke, or els to put thy finger in his mouth very lowe, or rather wet in oyle the better to do, smit a so much the stomacke, if so be the person haue a wide throte, and that vomiting doe not hurte him much, as they be of small and strait throte, and long necke, and and out, for all these are euill to vomit. Sometime vomiting cometh by weakness of the stomacke, caused of a hot and euill complexion, we shall cure it after this manner: a bellirope of mace, quinces, nutmells, in water sodden & cold againe, or els water of porcelaine to quench the spirites. Also it is good to anointe the stomacke before with a supper, in a point of of oyle of rose, & quince, & nutmells.

inire, and a litle boare, or els make a plaister of mintes; roses, moxmewood, and oyle of roses; and laye it to his stomacke all hott as ye may.

For to make a man call and perbreake

Take the stomaches of the iuice of feunell, and one part of hony, and lery it till it be thicke, and drinke therof morning and evening, and it will cause a man for to caste or perbreake.

Also the iuice of Spurge is herge good for the same. Also the iuice of stonecroppe put into wyte wyne, causeth a man for to caste presently.

For to comfort the patient when he is vomiting.

Take and gine the patients in the morning an ounce of the spurge of moxmewood or mintes, in steede of which it is convenient to come a litle of Aromaticum colatum, or Orizalanga, and take drinking and washing this hony or befor meate two stones in powder, with a spoonfull of the iuice of mintes, or with a spoonfull of redde wyne with a litle wine. Also it is good to take powder of stones and Lignum aloes the weight of a troling two part or before meate.

For to comfort the patient when he is vomiting.

Sometimes there changeth in the stomack a disease called Falsitulaum; or withering of meate, whereby the person against his will taketh no hote all manner of meates: he is offered unto him, like as the hote man taketh pleasure and delight in the same. Wherof the cause is a coldness, a conception of cholericke humors, or flegme, which maketh the stomacke to be cold and drye in the stomacke, and the patient having lost the fleshe of his tongue, the mouth bitter, and sometimes doth vomit yellow cholere, and if the venes be full, let the patient be bled on the righte arme, and gine to take a litle of such as he pacy to growe; and also gine him the iuice of pome

The pathway to health

Pomegranets.

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For to moule an appetite.

Take sage, persely, peper, and mintes, and stampe them, and temper them with vinegar, as you doe make sauce for fishe, it will cause appetite, and also flesh eaten with vinegar, comforteth and giveth appetite. If vinegar be vied with a full stomack, it vnbinderth the wombe, and with an empty stomack binderth it. It is good for them that be weake of sickness in this manner: tosse bread, and wet it in vinegar, and with the tosse rub the mouth and noleth: illes, and binde it on the pulsable veines, for it comforteth the patient and the appetite, and for the appetite it is better wet in the iuice of mints. Also to them that haue lost their appetite by sickness, two drams of the powder of betony, with 4. cloe roses in drinke it taketh away both sadness and euill taste of meates. Also take and refine Cardemomum, with the iuice of mintes, and be so to wet your meate therein prouoketh appetite.

Against the letting of the breath.

Take and lay opopiment upon hot inshers, and let the patiente stoupe downe and receive the smoake thereof through a pipe or funnell. Also take three drams of opopiment, with three eggs, or with wine or lemons milke, cure or thole in the week.
 Against paine of the breath called Asma, caused of cold, take the powder of Phlaxendula, with the powder of Gentiana, and be it in his meat and drinke.

Against the paine of the breath, if it be of a longe continuance, take the powder of Gentiana with wine and barley water, or els with meates or with new bread. Also take two drams of Galbanum, with a ere egg or with barley water. Also take eggs and seth in wine, is good against the letting of the breath, & against cold humors in the breast. Also quinquas made of docks with urate or egges, is very good for letting of the breath called Asma.

The pathway to heath.
Asma, it is good if they be eaten.

An ointment for the cure of the throat.

Take ii. ounces of the oyle of sweete almondes, & i. ounce of may butter unsalted, a litle saffron and newe ware, and make an ointment therewith, and anoints the best evening and morning.

Also to the cure of the throat.

Take mallows, mercury, boyle, lath them together in a piece of porke, and make therof pottage, and eat and drinke of this by the with wine, or with whey that is good.

For the cure of the throat.

Take dove suet, and the stone water being distilled in a glass warmer, then therewith wash the throat every day morning and evening.

For the cure of the throat and the cure of the throat.

Take 3. spoonefull of wine, 3. spoonefull of aqua vite, and 3. spoonefull of beine, and 3. spoonefull of rapons grease, and put them all in a porringer, and warme them on the fire and wash your throat morning and evening. Also if that you be sore in any part of the armes, take rock allam, and madder, and boile them with good water from a pottell for a pinte, and so walke your armes.

For the cure of the hands and the cure of the fingers.

Take half a pound of red sage, as much red fennell, as much red nettles, with the quantity of baye leanes in powder, and longe red pepper, and stamp all these together in a mortar, and the oyle. Straine it through a canvas cloth, with aqua vite and with this licour anoint the hands, when you go to bed.

and

and

The pathway to health.

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For swelling of woundes in the handes

Take wormwood stampe it and craine it, and boyle it with vinegar, and put thereto wheat branne, and make a plaister and lay it to the saze handes.

For woxmes or beates in the handes,

Take chickwood and huse it a litle, and seeth it in running water till the half be wasted, and walsh your handes as hot as the partie can suffer it for the space of vi. dayes, & it will dryne away the heat of woxmes in the handes.

For to make your handes white.

To make the handes white and soft, take assobill in cleane water till it waxe thicke, and put thereto powder of Cantarium, and stirre them together, then put thereto rawe eggs, and stirre them well together, and with this oymment anoint your hands, and within thre or fouer dayes using thereof they will be white and cleane.

For itching of the handes with woxmes

Take & anoynt the place that ytheth with the iuice of mintes or of rose, and it shall put awaye the woxmes. Or els take the berries of the lesle mayrell, and therewith anoynt the woxmes and the handes.

For to make nayles to growe full comely.

Take wheate flower, and mingle it with honye, and laye yt thereto.

For nayles that doth fall of.

Take powder of egrimonie and laye it there as the nayle was, and yt shall put awaye the skinge, and yt will make the

The pathway to health.
the nayles for to growe.

For cloven nayles.

Take virgin ware and turpentine, and mingle them together, and lay it on the naile, and as it wareth or groweth, cutte it away and it will heale.

For nayles that is rent from the fleshy.

Take the lesser violet, and stampe it, and say it with virgin ware and Frankencense, and make a plaister and laye it to the naye all whole.

Also anoint thy fingers wth the powder of brimstone, arlenik, and vineger, and in short t^{me} you shall find great ease.

For itchy under the arme holes.

Firste plucke away the hayres of the arme holes, and washe them with white wine and rosewater, that Calisia lingua hath bene sodden in, and vse it thre or fower times.

For to destroy the heate of the stomache.

Take faire cleare water, and boile it well, and skim it, & put therein shivers of browne bread, and let them lye therein an hower, till the water be almost cold, & drinke therof ii. or iii. sales the oftener a daye the better, and it shall helpe them. Also for the burning in the stomache, take and eate grene persely gallingall, and it shall helpe thee.

For to avoid flame out of the stomack.

Take the powder of pellitory of spaine, and the powder of rommin, powder of long pepper, powder of ginger, mustard, vineger, & mingle them together, & chafe them on y^e fire till they war thick.

thicke, and then as hotte as you can suffer it, put part thereof in your mouth, galkinge it in your throte bp and downe, but lette none enter into your stomacke, and doe this diuers times, spittinge it out by the space of an hower, and this is a gargarisme proued.

For the stomack that is hot and swollen,

TAke the roote of smalladge, stampe it and put in sweete wine, or in other good wine al a day and night, & straine it through a faire linnen cloth, and put it in a cleane vessel, and vse to drinke a curtsy thereof euery day fasting, take this 8. or 9. daies.

For rising vnder the stomack.

TAke long pepper, graines, saffron, ginger, anneseede, licorice, and sugar, and seeth them all in good ale till it be thicke, and giue it to the partie to drinke and he shall be whole.

A plaister for rising vnder the stomack.

TAke parrot, millfoyle, red fenell, red mints, rewe, bozage, fetterfoyle, clofeleere, peritoyle, egrimonye, of eche of these a like much, and the grease of a barrow hogge, that is a sowe kinde, and seeth them all together in good ale, and make thereof a plaister, and lay it to the stomack as hot as it may be suffered, two or three times, and he shall be whole god willing, the hotter & better for to be taken, this hath bene proued.

For the gnawing of the stomack.

TAke and fleshy betony, in the iuice of wormewood, and let the party drinke it with warme water, and the stomack be not wel drinke wine that neppes hath bene coddled in next to the hart fasting very early.

For the stomack that aches,

D. 4.

Take

Take an herbe that is called Polco, and dry leaues, & a handfull of honselake, and as much of this Polco, & put it in a beshell with faire water, & let it boyle on the fire till the thirde part of the water be sodden away, & put thereto suger of stone, & a litle hony, & drinke it vi. daies fasting and he shall be whole.

For to force the stomack.

Take iij. partes of cannell, and i. part of mastick, and one part of the paringes of pomegranets, and half a part of gallingall, and stampe all these together, and temper it with hony that hath bene clarified on the fire, and well strummed, and vse as much of this as a nutt euery day during ten dayes standing: pꝛoued.

For the wind colick in the stomack.

Take a handfull of time and washe it cleane, and put it in a cup of ale or beere, and let it stand all night, & take iij. stickes of licoris hysed, then let the party so greued, drinke therof morning and euening. Also take onyons and put them into running water, and chaunge them into 4. waters sathing, and when they are tender sodde, take them and tozing them betwene two trenchers, vnd butter them, and put thereon grece pepper, and so eat of them morning and euening fastinge untill you doe finde your self eased of your stomacke.

For cleane in the stomack.

Take red netles a good quantitie, a good quantitie of clarified butter, and seeth them in fayre running water till the herbes be tender, then take them vp, and eat the herbes and drinke the licour: pꝛoued.

For to make losinges to comfort the stomack.

Take a pinte of rosewater, a quantitie of reubarbe, grate it vpon a grater, twise as much lettewel, as much Calomus aromaticus,

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ticus, as much spignard, a litle synamon, as much Encla campasna, as much ginger, also cleane mace and put to these spices, I. penny worth of sugar, let them seeth on the fyre untill it be very thicke, and very well sodden, and so use this both morning and evening.

For all manner of euils in the stomacke.

Take as the seedes, lynesecs, commyn, of euery of them a like much, giue these to the sicke to drinke with hott woort or else with faire hott water.

For the feuer in the stomacke.

Take Conserua roses, is good for the feuer in the stomacke; also it is good for all euils in the stomacke that is ingendred of hott humours.

For swelling in the stomacke.

Take and stamp fennell roots, and smalladg roots, of eche a much, and temper them with wyne, & drinke thereof, warme in the euening, and colde in the morning.

For impostumes in the stomacke.

Against the impostumes in the stomacke, and of the balles that sethe fencerecke made in meate with water that mallows hath bene sodden in, and lay it to the stomacke plaster wise, and this will rype and heale the impostumes of the stomacke.

For impostumes in the stomacke by in the blud by bowels.

Take the iuyce of mozzell with pylsane, and barley and giue it to the party to drinke, and it wyl rype and dissolue the impostume in the stomacke. Also take the oyle of mandage, and aunopnt the grened stomacke therewith.

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For an impostume in the stomacke.

Take barley, and dryed beanes, and licoris, and let them boile all together, of ech a like much, drinke it with suger euerye daye fasting, and at night when thou goest to bedd, and vse this 6. dayes or more, and the patient shall cast out the impostume of the stomacke.

For to cleane the filth and dirt of the stomack.

For the filth and dirt in the stomacke, by reason of an impostume that hath bene in the stomacke, or in the bowells, take the ponde of Salnatri, with warme water or with beere.

For a stomacke that is ouer charged with carue meate.

Take stone croppe that groweth on the wall, and it purgeth above, and beneath, and it purgeth the stomacke of euill humours, and helpeth the dyspnoie, the stone the flire for the spleene, and for the tickle, and seuer a pretious medicine.

For the stomacke and head and for a man that may not well speake.

Take and giue the sycke to eate it. dayes in may scabies, mung wood, hiralladg, Morfus diaboli. iuie, mylfoyle, two; mshard, fetherfoye, stampe all these together, and seth them, and when they be well sodden, take whytes of eggs, and purge the patient euening and morning.

For a man that cannot digest his meat in his stomacke.

Take centory, and seth it in water, and drinke it warme euery night when thou goest to bedd. Also take sage, rewe, and myn, and peper, and seth them together with hony, and eate euery

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every day a sponfull thereof. Also drinke the wyne that myppe hath bene sodden in. Also leth betony in y wyne of woxmelwood, and drinke it wi th warme water.

For wyne in the stomacke and bowells.

Take 3. trices of Scene, halfe an vnce of ginger in yender, rompyne, and ryseeds 3. lb. weight of both, and meddle all these together, and eate thereof every daye a sponfull. Also take calamint ginger an vnce powdered, and hony, and take it firste and last.

For drinke heate in a mans stomacke.

Take lettice, and drinke it with wyne every ay, or else eate thereof, and it shall dryue amaye the heate of the stomacke, and also eate reive euerye morning, it is good for the stomacke.

For the stomacke and the weaknes thereof.

Take mastike and Labdanum, of euery one an vnce, & woxmelwood powdered, of ech a dram, turpentine as much as needs to incorporate them together, make a plaster, and spreade it upon lether, and lay it to the stomacke in steede of the said plaster, it is good to annoynt the stomacke with oyle of spignard, and mastike, or to lay upon hot breade steeped in good wyne, on y lychly breade strawe powder of cloues and nutmeggs. Also it is hole some to eath afore your meate an ryseeds, and fennell seeds, and when you begin say to eate take a tost dipped in sodden wyne or good malinhie, without drynking of the same wyne except it be a very litle after meate.

For the bulke a medicine.

Maynst paine of the members in the bulke as the longer, & other that serue to the bycath, and a gainst apilation of the lyuer,

hner and milke of the bladder, and paine of the stomacke, drinke the wyne that this roote of Ireos is sodden in, et sic.
Also against paine of the bulke, take and make a maner of pot-
tage of barlye with water, & put powder of batone mynte there-
to, and giue it to the patient.

For the bulke and the stomacke

Take the wine that it is sodden in with drag-gon, warmeth
the partes of the bulke, and clenseth them. Also it warmeth
the stomacke and the bowells, and it is good for the collicke, & to
open the milt, and against let of urine, be it strangurye or diffi-
culty. Where be two kyndes of Secadors that is to witt Arabicke
and Cytryne, and both of them appropried to the spawes and
the braine.

For spitting of blood

For them that spitteth blood caused in the bulke, make pills
of the powder of dragons blood, and gomme arabicke, and pi-
some y dra-gon hath bene molten in, and let the patient
holde it on y tongue, & wht it is al relented, swallowe it downe.
Also for them that spitt blood because of the misseale in the bulke
take pills made of the powder of Sumac, and gomme arabick con-
fected in rose water.

Also for them that spitt blood, take hony, and vineger, and it
canleth the flowers to renne.

Also take pills comforted with the powder of monnyne, with a litle
masticke, and confect them in water that gumme arabicke hath
bene molten or laide in, and hode these pills in the mouth till
they melte and depart, and then swallowe them, and if the blood
come to the mouth, because of the nutryptyne members as the
stomacke the liver and the milt, take this powder with a straige

egg, or drinke it with the iuyce of plantayne.

Also for them that spitteth blond so the mouth, out of the belly and stomacke, and againste the paine thereof, take and beat the roote of southwyldest small to powder & drinke it with wine.

Also take two drauns of the powder of betony with the ciatts of olde wyne for three dayes, and it will helpe them.

For spitting of blood,

Take ache, mynts, rewe, betony, and sethe them well in good milke, and geue it to the patient so greued for to drinke and it shall helpe him.

For a man that spitteth blond,

Take the iuyce of betony, and temper it with goats milke, and let the sycke drinke thereof 3. dayes.

Also take smalladg, mynts, rewe: betony, and giue it to the patient in goates mylke and so suppe it all by, as hott as you maye suffer it.

For strenghtnes of the brest.

Take a quart of good ale that is stale, and a quarte of syne woozt, take halfe a handefull of liner woozte, and halfe a penny waight of lycorys styckes that is syne, and make them cleane, and bruse it, halfe penny woozt of figgs, and wash them cleane, and halfe a handefull of flope, a quantitie of hony that is claryfied, and a quantitie of settewell, and three roots of parselpe, and cut them small, and halfe a roote of fennell, and cutt it also, and boyle them together to halfe the quantitie, and drinke it at moyninge and eueninge wel and hott.

For him that is incombred in the
brest with sicame or glatte.

Take the powder of betony, and drinke it with warme water, boyeth and purge the fleame wondrously, and hath away the glatt or sicame.

For the paine in the brest

Take and gather agood quantity of slowen that be riped, and grend them small in a morter, and do them in an erthen pott and fill it full of new ale, and so drinke it.

Also take Slope, perslye, and sage, and stampe them, and laye them to the breste all hott. Also take the marrowe of a calfe, Fenigreke, lyneseds, braye them small in a morter, and meddle the dust and the yolkes of eggs, and temper all these together with freshe grease and oyle, and laye it to the soze as both as thou maist suffer it.

For the brest that is encombred.

Take Slope, and sethe it in a pottle of wyne, tyll it come to a quart, and let the sicke vse thereof firste in the morninge, and laste in the euenynge, hott, and in the morninge colde. Also take three pottells of runnyng water of a well that springes, and boyle it to a pottell, and take halfe a pinte of honye, and a pounce of the powder of annesleeds, a pounce of the powder of licoyce, and a denaywoorth of sugar, and caste all these into the licoure, and let them boyle well, and then put it into a vessel and stoppe the pott that the ayer go not out, and let the patient drinke it in the morning, but not fasting at night, and hee shall bee hole.

For the brestes and lungen.

Take

Take a quantity of clarified hony, and boyle it, and when it is boyled put thereto an vnce of the powder of enela car, pana, and an vnce of the powder of lycorys, and let them boyle tyll they bee somewhat thicke, then take it from the fyre, and when it is colde, put there to an vnce of the powder of ginger, and stirre it well together, and vse this first and last.

For a man that his brest is stoppie
or in the pypes.

Take Enela campana, Slope, lycoris, and dize them well, and after they be dize punne them in a mortar, and bray them together as small as flower, and take ginger, annyseeds, sinamon, gallingall, and punne them also, and when thou hast done so, take a quantyte of hony, and boyle it well, and skymme it well till it be cleane, then take the Enela campana, and the Slope, and the lycoris, and boyle them well together in the hony, and afterwarde take the ginger, annyseeds, gallyngall, sinamon, and put them together in the hony, and let them sethe all together, and then put it in a dishe, and then stike suger and put vpon it while it is hott, and then eate a quantyte thereof every daye, and at night and drinke out after and thou shalt be safe of the stoppings of the brest and pipes. Also take rewe, and sethe it with ayell, and let the patient drinke thereof.

For swelling of the brestes.

Take wormewood, sage, and calamint, of ech a like much, and stampe them small, and put thereto a quantyte of vineger, and temper them together, and take whete breade and toste it byrstone and grynd it small, and boyle them together and stirre it that it burne not too, and lay it to the breste as hott as the patient may suffer it.

Also if a plaster be made of chesnuts with barley meale and vineger or wyne, and layoe to the pappes it alwageth the swelling of the brestes or pappes.

For all cusses and paine in the
brestes or ribbs.

Take and bruse mugwort with vineger, and laye it to the
brest, and it will be hole in 3. dayes.

Also take the water that gum arabie and mirrhe hath bene
sodden in, and washe the breste therewith.

Also take the electuary called Diapenidion made of pennets
and they be also good.

Also for brought in the brestes and the members in it, and for
them that be castiffe, so that the brest be not stopped nor the
breath shorte, take Psilium in water a certeine space, and then
poure out the water, and take the same seeds with other cleane
water that is colde, and vse it to the patient.

Also take and make a plaister of knotgrass and butter, and
laye it to the sore breste.

For vaines broken in the breste.

Take the roote of canphye when it is sodden, and stytt it
with a knyffe, and hang it in the sunne to drye, and it may be
kepte thre yeares in goodnes and vertue, and if a vaine be bro-
ken in the breste or gutts, it will resounde and knytte it, and re-
ioyne it maruelously, so that the powder of it be taken grene
with wyne, or water, or frye the roote grene as a frytture with
eggs or meale and so eaten.

For impostums in the breste.

Take and fill a bagg with meale of Fenegreke, and sethe it
in water that ysmachie, and holly hocke hath bene sodden in
and laye it to the impostume of the brest often.

Also take the water that licois hath bene sodden in, or the
iuyce thereof, it is good against the impostumes of the brestes or
ribbes called the pluresye.

For blood of the brestes.

Alas

TAke two dramms of larks larde and mirthe, stamicheth the bloud that commeth out at the brest by spitting, colichest the griefes to the eare and throte.

For the canker in a womans pappes.

TAke pyllled garlick, and rye meale or barley meale, and bray them together wth vinegar, till they be as thick as a plaister and lay it to the soze till it be white, then take pimpernell, and punne it small, and put thereto lye hony, and lay the plaister to the soze pappe, and it will heale it full faire.

Also take the fenne of a white goose, and the iuice of ellydony, and bray them well together, and lay it to the pappe, and it will slea the canker and heale it sure.

Also take wormwood, and the white of an egge, and skum it, and dissemp^r it with oyle of violets, and lette her bloud on the paines about the pappes.

For the fester in the brest.

TAke the iuice of the roote of fore gloues, and temper it with mans bryne, and wringe it throug^h a clothe, and washe the soze oftentimes therewith.

To make a woman haue a soft brest.

Lette her drinke in ale nettle larde and salt, and it shall make her brest soft.

For a woman that hath her brest ranchled.

TAke lyste larde, and bray it with the white of an egge, and lay it on her brest, and then take the iuice of ache, and of rye meale, and set it on her brest, and let her drinke the iuice of verneine, fennell larde, ambere.

For the euill swelling in a womans brest.

Take

Take ripe apples, and stampe them in powder, and put them in oyle of roses, and lay it to the swelling, or els put to the iuice of pety marrell and daffies, and the dregs of aspell, and a hard egge sodden with the shell, of barlye flower, and so make thereof a plaister, and lay it on the sore.

For biles on womens brestes.

Take the iuice of marrell, and oyle of an egge, and beane flower, and make thereof a playster, and lay yt colde there onto,

For a woman that will haue plenty of milke in her brestes.

Take the iuice of berweine or fenell, and drinke it oftentimes, and the shall haue greate plenty of milke. Also whiting broth is very good,

For paynes in the brest, with ouertomuch milke.

Take cleane water without any stone, and mingle it with bl-
-neger, and the yolke of an egge, with a litle saffron, and lay it vpon a cloth plaister wise, and lay it to the brest, and when it is dry take another.

Also take vineger and honye boyled together, and spread it vpon a clothe, and lay vpon it a litle powder of comin, it will al-
-waie the milke.

Also take wheate mingled with reto and sodden in water, and laid to hard brestes, that be crudded with milke, and it will so-
-ften them.

Also if the seedes of lentilles be medled with water of the sea, they be good for milke that is crudded in womens brestes.

For the hart burning.

Take the croppe of fenell, and thew it in thy mouth, and sucke
the

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twice thereof, and fritt out the other, and vse this very often, and it will helpe him that is hart burnt.

For the paine at the hart.

Take caryuay and seth it in stale ale, and when it is well sodden, stamp it in a mortar and seth it againe with the same liquor, then cense it through a cloth with ii. spoonfulls of white, and iii. spoonfull of the hony, and then boyle it wth together againe, and put it it into a bore, & giue it to the patient euery day threë spoonfulls fasting till he be whole, and this shall do alway the glos from him, and make him haue a talent to his meat.

For takenes at the hart.

Take rosewater and mother of perle beaten small to powder, and medle it with suger, and giue it to the patient to drinke 3. or 4. dayes and he shall be whole.

For faintnes at the hart.

Take the filings of golde, and the powder of the bones a hartes harte, and mingle them with the iuice of burrage, & suger made in syrope, for it is very good for sounding.

For all sicknesses about the hart.

Take rosemary, Slope, centory, betony, & iris, and seth them in faire water, and straine the water and the iuice of y^e herbs, and put thereto hony, and boyle it againe and skum it, and put thereto as much butter as hony in the seething, and mingle them together, and take it downe and couer it well, and drinke thereof at euen hot, and in the morning cold.

Electuary for the hart.

Notes: this electuary is good for the heauines of the hart, and

for feblenes of complexion in a mans stomach, for the cardiacke,
and for the bad lunges et alia causa.

For euills at the hart.

Take hartwort, gallyngall, harts tongue, and satyue, stampe
them, and wringe out the iuice, and temper them with good
wine, and a good quantitie of roles, and giue it to the partye so
grieved to drinke first and last, and he shal be whole god willing.

A syrope for the paine of the hart.

Take and stampe betony, and herb benet, horehound, veruaine,
and seeth them in faire water, to the third part, then put thereto
hony, and make thereof a syrope.

For all diseases in a mans hart.

Take sage, mints, by euen portion, lay them in white wine,
and make a plaister thereof and lay it to his hart, till he be
all whole, and to drinke the wine that it was sodden in, and
giue it the patiente to drinke eueninge and morninge, and he
shall haue good salente to his meate within five daies after at the
farthest.

For to comfort the hart.

Take the powder of setinale, and put it in the sickes meat, com-
forteth the harte, and therefore it is good for them that haue
weake hartes, and be disposed to solowning.

Also temper the patientes wyne with water that spignard is
sodden in, and with the same water make a syrope, and let the
sicke drinke thereof, yt is good against the disease of the harte,
and for solowning, and for weakenes of the bryaine, smell it to the
nose.

Also seeth the flowers of rosemary leanes medled with rosewa-
ter, and giue it to the patient.

Also

Also take the iuice of rosemary leanes medled with rosewater, with a litle of the iuice of panay, and make syzrope therof, which shall be good if some of the bone in the hart of an hart be put ther vnto, and giue it to the patient.

For all paines that be at the harte.

Take the pouder of gallingall, with the iuice of bozage, & the seeds of Ireos, with the milke of a gose, and dzink it warme, it will aswage the paine of the hart.

Also take the powder of cannell, with the powder of the lenes of gilliflowers, is very good against the passion and soundinge of the hart being giuen to the party.

Against the passions of the hart.

Take & make syzrope with the iuice of bozage, and put thereto of the pouder of a harts bone, in the heart of a harte.

Also take buglosse, and eat it often either rawe or sodden, yt putteth out the noysome humors.

Also against the passion of the harte and soluning, take syzrope made with Cassia lingua & roses, and bone of a hartes heart, and so giue it the sicke to eat.

For Eblemes of the hart.

For them that are weake in the hart, & doe take their breathes in manner of sighes, take & giue them the iuice of buglosse with hony, and it shall helpe them.

Against the faturing of the hart.

Take and make pills with a dram of amber, & an ounce of Lignum aloes, and ii. drams of the bone of a hartes heart beate in powder, & beate the pills in rosewater, and giue 2. or 3. of þ sayd pills to the patient when he goeth to bed.

Also take the quantity of 4. drams of Cucubes, with the iuice of

of the roote or the leaues of parinepe, is very good.

Also for them that be faint at the hart, or be like to fowme, giue them rosewater for to drinke, and also so bede in their faces therewith.

Also if the faintnes come from the braine or liuer, or paine of the stomacke caused of colde, take two wheate coznes of malks in wine.

Against fowning.

Against fowning and faintnes of the hart, take rose water, that this herbe bassell is sodden in, and for the same take wine that the herbe hath laid in all night.

Also against fowning take the powder of roses, and put it in to a reue egge.

Also take the powder of ginger in your meates, and it is good against fowning.

Against fowning, make syrope with the iuice of boyrage and suger.

Also against fowning of the hart caused of colde, take and seeth this herbe Cardomomum in swete smelling wine, with a little rose water, and vse it.

For fowning.

For fowning and weakenes of the hart, be it in feuers or sickness, or if it come of either cause, stampe mints with vineger, and a little wine, if the patient haue no feuer, then tosse a linnen till it be almost brynt, and put it therein till it be wel steept, and then put of it in his nose, and rubbe his lippes, his tongue, gowmes, teeth, and the temples, and let him chewe it, and sucke the moistenes thereof, and swallow it.

For the paine of the lunges.

Take figges, and let them be sodden with Hople, they cleanse the lunges, and heale the old cough.

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Also take the roote of the wild rape, & seeth it with licoris, and the water that it is sodden in, giuen to the patient to drinke, is very good to cleanse the lunges.

Also take this herbe solitheriwood, and mingle it with Hlope, and sodden in wine or water, make it sweete with suger, and so drunken is very good for all diseases of the lunge and the brest when the sicknes commeth of colde, annoynt the brest.

Also the broth of crenes is good for paine in the lungs, named Peripleumonia, or consuming of a man called Ptofis, because when a man hath a swelling about the lunges, then he commeth, to dyenes, and consuming of that natural moisture, till he dieth.

For the liuer and the lunges

For the liuer and the lunges wasting with ouer binkeid heates, take water made of borrage, and of redde fennell rotes, ache, Hlope, endiue, betony, callamint, lettice, nutmegs, marces, flower of camemill, ctoues, annysseeds, by euen portions, i. vnce of liccoris, and annysseede halfe a pound, make of all these herbes and spices a water, and it shall restore the marueilously, and if you cannot get all these herbes, then take the moze of the burrage.

Also to restore his kind, make a confection of the flowers of burrage, and of red roses with these foresaid spices, and with suger.

For the heate of the liuer

Take Spodium vt reborn in rose, and corall, and barley meale, & Triacendaly, 3. pennyworth, medle all these with the iuice of endiue, and Mary berry, and housleake.

Also take red roses sandalorum cum iuery, and water of lillies an vnce, stamp them small, and put thereto barley meale, & the iuice of marygold and vineger, and the iuice of wormewood, and make a plaister thereof and lay it to the liuer.

For chasing of the liuer, and of the spleene.

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Take yelow reubarbe, & barly meale, & vineger, & temper it together, & make therof a plaister, & lay that plaister to a mans right side, and let him bloud in the veine of the spleene, & giue him to drinke in winter suger roset, and in summer Scabious.

For the chafing of the liuer.

For the chafing of the liuer, and opilation of the milke caused of humour, take reubarbe with warme water, but it is better to medle it with Trifera sarazenica, and this you may vse with the iuice of endiue, and so giue it to the patient.

Also take and anoint the liuer with the oyle of roses, for the chafing of the liuer.

Against chafing or heate of the liuer, take and wet a cloth many times double, and lay it to the liuer.

Also the oyle of violets is good against the chafing of the liuer.

Against the chafing of the liuer, scrape the vppermost of the gourd, and stampe the said scraping, and wringe out the iuice, and put vineger thereto, and wet a cloth therein, and laye it to the liuer outwardly.

Also take endiue, and lay it in water, and vse it in your breastes for the patient so greued.

For the heate of the liuer.

Take fennell, endiue, succory, plantaine of ech like truch, and fill them with red wine or milke, and vse it every morning 3. spoonfulls at a time, with a draught of wine and suger, or els 5. spoonfulls thereof alone.

For the liuer swelling, which causeth a scabby face.

Take 3. gallons of sweete worste, and put thereto 4. handfull of liuerworste, and 4. handfulls of violets, two handfulls of hartstonge, 4. handfulls of marigolds, 4. handfulls of maffelon, and stampe all these together, and boyle them a pretty while in the worste

woorde, then take them by till they be colde, and straine them, and put them to early meale, vse this fasting at night the space of a moneth, then take an ogment that is made for a dyt scab, and there with daily annoynt thy face, and vsing of this ointme also, said, the party shall finde helpe.

For the heate of the liuer of a man that
his colour is yelowe.

Take the water of chiccorre, and the water of lettuce, and water of the leanes and small bzaunches of a mozyer tree, take the herbes and stampe them all together, as much of the one as the other, and take the iuyce thereof, of suger as muche as will suffice, boyle all these together tyll they be as thicke as a syrropp, and put thereto a popy and a halfe of reubarbe, and vse a quantyty of this syrrope in colde water enery day fastinge, til hee bee hole.

For the liuer that is corrupted & wasted.

Take a quantyty of liuer woort, and bruse it a litle and then seth it in good stronge woort, with a quantyty of reubarbe, and vse this medycyne til thou be hole.

A drinke for to cleanse the splene.

Take hartes tongue, wylder hopps leanes, burrage, with the flowers of sempitoy, with parly rootes, seth them in beere and clarifie them with the wypte of an egge, and straine it and kepe it, drinke it morning and euening, and so continue a fortnight and it shall helpe you many waies.

For the splene a plaistor.

Take 3. oz. 4. holly hock rootes, & 1. handfull of mallowes and seth them all together, and stampe the rootes, and straine the be water wherewith it was sodden, then stampe p mallowes together with 2 iuyces of holthoocke, & put in 8. oz. 2. figgs, & 2. ounce of suger

luger, leuened breade, and halfe a dishe of sweete butter, and so laye some of the same vpon a wollen cloth, and as hot as you can suffer it: lay it to the spores, and rowle it with a rowler, and euery day renewe the plaister.

A plaister for the splene.

Take woodmelwood, malloes, camemile, melilot; of eche a good handefull, boyle them in faire water tyll the licours be halfe wasted, then put thereto of wheate branne halfe a handfull or more, then boyle it to the thicknes of a plaister then quyt it, and as hott as you may suffer it, laye it on the lesse syde.

An aleberg for the splene.

Take a pinte of ale clarified, and put therein a cruſte of bread, then take the powder of Gentiana, spignard, gallingall, of eche two peny waight, let them haue a boyling or a watome, then take it of the fyre, and drinke thereof morning and euening, and it shall cure the splene.

A restorative for the liver lunges and splene.

Take two parts of fenell and three parts of honye, and seth them together till that they be as thicke as a leuuary, and let the sicke vse thereof morning and euening.

For the stopping of the splene.

Take the elder roote, and seth it in whyte wyne, vnto the 3. parts, and drinke thereof, and it cureth the splene maruelously.

Also drinke the lunges of a foremade in powder, for in all maner of men it bealeth the splene, proued.

For the splene a good experiment.

Take two pound of bozes grease, and 2. pound of ashes made of alshen woode, and a gallon of faire running water, and seth them all together till the halfe be wasted, & then straine them through a cloth, and let it stande all night, and in the morning fleate of the grease, and cast away the water, and meddle the grease well together, and put it in a bore, and therewith applye it vpon the splene, proued.

For the heate of the liuer.

Take the iuyce of solowre apples, and sweete apples, of each a pound or more, and two pounde of suger, and meddle these together, and let them boyle on a symple fyre till it be as thick as a syrope, and vse of this a quarteyn euery daye fasting, with luke warme water.

To purge the liver of collicles
and salte cleame.

Take the weight of a golde noble of reubarbe fyne cutt in small peces, and a halfe peny worth of spignard, and the weight of two grotes of seme in the collicles, laye all these in ale in nine sponesfull of wheye by the space of 12. houtes, and applye it to the patient.

For the liuer that is chafed.

Take and vse saunders in the pottage or broth, and drinke it and wash the right sydes with brine colde, but seethe boile it, and skyn it, and put thereto vineger, and laye it to the right syde, not hott plastered, for it will chaffe the liuer.

For walking of the liuer,

Take water crocuses, red fenell, and sorrel, with a dycken, in an eribenpott ix. dayes, and vse it.

An other for the heate of the liuer.

Take a quart of barley, and put thereto a gallon of wel water, and boyle them together til the barley be as soft as any wheate for surmentye, then straine them through a cleane cloth, and take y^e water and put thereto as much good woodt, with a peny worth of lycorls, beaten but not to powder, and take a good handfull of Aloe, and an other handfull of sage, and boyle al these together til the one halfe be wasted, then straine them through a cleane cloth, and y^e which cometh forth, put it in a cleane vessel, & let it stand a day & a night, & drinke this first & last.

For stopping of the liuer & milke.

Take and seth harts tongue in water or wine, and drinke it, or if y^e herbe be eaten it is good for the same. Also to vnstop the pipes of y^e liuer and of the milke, take and seth smalladg with elder leaues, and drinke thereof the broth. Also the iuyce of chiccoy openeth the opilation of the liuer, and milke caused of heate. Also take the wine y^e fileos is sodden in, it is good against the stopping of the liuer, milke and of the raines and against the let of brine.

Also to vnstoppe the liuer and milke and the raines and letting of brine, take the wine that wilde time hath bene sodden in it is very good therefore.

Also take the iuyce of this herbe witmintie with honny, & the wine that it is sodden in, it is good to vnstop the conduite of the milke and the liuer and also brine.

Against the opilation of the liuer, of milke of the brine and of the bladder, vse the decoction of cassia lingua, or the syrrop that it is made with.

Also take the iuyce of neghte shade made in syrrop with suger,

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is good for the liuer and milke.

Also take and make syrop of the iuyce of fenell, and the decoction of this herbe dawke, it is good against the stopping of the liuer and the milke, and against dropsye.

For the liuer and the milke.

Against the opilation of the liuer, or of the milke, take alopecuricke, with the iuyce of smalladg warme, or make a decoction of the rootes of smalladg, perslye, fenel, bonwooze, and spurge, with 2 draims of masticke, and vse this two or thre times in the weeke til thou be hole.

Also for the liuer and the milke.

Also who so eateth this herbe cheruel often, it causeth the stopping of the liuer and the milke. Also take the seedes & let the patient eate and drinke it in powder.

Also if the iuyce of wolffe thistle be druncken with wine, it is good for the liuer.

Also the iuyce of the water of louage hath bene sodden in, is good for the liuer and milke.

Also against the stopping of of the liuer and milke, take the powder of barbaries, with $\frac{1}{2}$ iuyce of mozrel.

For the liuer, milke, raynes and bladder.

Against the opilation of the liuer, milke, and raynes, and of $\frac{1}{2}$ days of brine, take and sethe this herbe Iermander & canuphitthis in oyle, & lay it to $\frac{1}{2}$ party so greued. Also an electuary compose with hony, and with 2 parts of these 2 herbes and so vse it.

For the liuer, milke, and Jaundis.

Against opilation of the liuer, and milke, and Jaundys, take the iuyce of woymeewood, & sprill or else make the in sirrope, & vse it w warme water, against oppilatio of $\frac{1}{2}$ milke take
 $\frac{1}{2}$ iuyce of

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of woymeewood, and powder of costie and that is also good.

For all paines in the milke.

TAke of the drinke that gold hath bene quenched in beinge redd hot, and it helpeth the paine in the mylt.

Also anointment made of Asa armonia, and ware softneth y hard milke, and dissoluethe the milke crudded in the pappes.

Also make ioyce with smalladg, and put thereto oyle, and war, and conset it into a syrope.

Also for the milke take annonniacke, and galbanie, alike much, and soften them in vineger, and with ware, and put thereto powder of costie, and of woymeewood, and make an ointment and annoint the milke.

Also take egyptymony, and eate it often times, and it healeth the paine of the milke.

Also against the oppilation of the milke or dropsie, take the wine that Abrosiana hath bene sodden in, being often times drunken healeth the milke coming of colde.

Also against the ache of the milke, drinke the wine that betonye is sodden in, and it y profiteth.

Also make an ointment with this herbe beares foote beaten, and then kepe it long in oile, and with ware make an ointment, y leaues ought to be vsed while they be grene.

Also the herbe annios, with the roote of ciatts in wine helpeth much the paine of the milke.

Also for the milke and liuer, take the iuyce of fenell sodden in an apple, and take the powder thereof.

Also for the paine of the milke, and liuer take the wine that copperis hath bene sodden in.

Also for the paine of the milke and liuer, take the roote of that cassia lingua hath bene sodden in wine.

Also for the paine of the milke and liuer, take the electuary called diacostu hath bene sodden in.

Also for the paine of the mylke, take a dram of cammemile in powder with wine for forty dayes.

Also for the paine of the milke, take and drinke of the wine that hong suckle hath bene in.

also

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Also take the iuyce of Iuge in wine that it is sodden in, and it helpeth greatlye.

Also drinke the water that the roote of serne hath bene sodden in, it helpeth greatlye.

Also take the water that the rynd of fenell rootes hath bene sodden in, with wine or water.

Also take the water or wine that the bough of an aspe hath bene sodden in, and bse it.

For to soften the milke that is harde.

Take the roote of the wilbe wine, and stampe it with porkes grease, and melte them at the fyre, and straine them, and take meale of linseed, and oyle, and put thereto, and this oymente make thereof, it is good for hardnesse of milke, and liuer, and to ripe impostums. Also take the rinde of the roote of hozehounde, and stepe it a fortnight in wine or oyle, and then sodden, & streyned, & in y trapping put thereto water & oyle, & make an ointment.

For ache in the guts and bellye.

Take the powder of mugwoort, & let it be drunke with wine and honye easeth greatlye the ache in the bowels, and it is good against others others diseases. Also for the paines in the guttes, take a cyate of y iuice of clove leues, and it wil ease thee.

For paines in the bellye.

Take and punne mugwoote, and laye it to the bellye, if belpeth it marrielouslye, take also an vnce & a halfe of wart Inoyle, with as much wyne, and it wil allwage the paine of the bellye. Also take and make an eleuarge of honye, and sethe it and put water thereto, that it do not cleue to, then put thereto 2. vnces of hermodates, and an vnce of fenel seeds, and so giue it to the party so grieved that hath the paine in y bellye proued. Take & seth wilo time, w wine & oyle, and it is good against y paine in the bellye. Also take y braine of a hare roasted, and eate thereof, and drinke some good wyne afterwarde.

Al. ff.

For

For the paine in the belly,

Take 3. pintes of malmesye, and a handfull of orys poudre, a handfull of comyn, a handfull of red rose leaues dried, a handfull of cammemile flowers, and of wheate bzanne a dishfull, seth them al together, and put them into a bagge, and make a plaister, and laye it to the belly somewhat warme.

For the hauking in the belly,

Take halfe a pinte of malmesye, a bigge roote of tarmentyle, and grinde it into poudre, with a curtly of treacle, and make it bloud warme, and so giue it to the partye to drinke, or else take a peny pot of malmesye, and a litle treakel, & 2. peniworth of myrr, and grinde it to poudre, and so put the treakel and the myrr into the malmesye, and make it bloud warme, and so giue it to the partye.

To breake winde in the belly, and for toyinging in the belly.

Take comyn seedes fenell seedes, anniseeds, bzused or poudred, and then seth it in wine, and drinke it both first and last, and at noone dayes.

Also take Serpillum, that is pellytoz, and boyle it in bzoth, and giue it to the sycke.

For women that haue greate bellies.
being not with child.

Take of Hlope a handfull, herbe grasse a handfull, arsemert a handfull, and seth them all in a quarte of ale to a pinte, the preserve them in a glasse, and geue the woman so greued a quarter of a pinte at once, both fyrst and last.

For a woman that her wombe is harde.

Drinke

Drink the iuice of waybread with old wine, and she shall be eased.

Take cinckesople, that is to say 5. leaved grasse, and stampe it, and drinke it with hot milke, and giue it to the woman, and she shall be all whole.

For a swollen wombe, or aking of the wombe.

Take the iuice of rewe, and let the patient drinke it with wine or ale, and she shall be whole on warrantise by gods helpe.

Also take solotherne wood, tansie, rewe, and heate them with salte, and she shall be whole.

For to bind the belly and wombe.

Take hony, and seeth it till it beare black, and put thereto powder of salt, and medle the hony and salt together, poure it vpon an euen stone, or another euen thinge, and then be anointed, as a suppositoary ought to be, and put it in the fundament, and it will cause the party for to go to stoule very well.

For the paine in the wombe.

Take and seeth the roote of mulbery in water, and drinke thereof, and it loseth the wombe and bellie, and putteth out the wormes that be rough and short.

Also make a gargarisme of vineger and water, whereas Alsafetita and roses hath bene sodden in, it delayeth the belly that is swollen, and the wombe.

Also take the leaues of holly hocke, and lay it all hot vpon the sore wombe.

Also take the wine that rosemary & comin is sodden in, against ache of the wombe.

Also take peres, and dresse them in meate, comforteth and strengtheneth the wombe.

For to lose the belly and wombe.

Take

Take the iuice of this herbe Britanica, after the mighte of the patiente, and it will louse the wombe without any perill.

Also take mallowes and seeth them, and make pottage of them, loseth the wombe, it hath bene an experiment proued.

Also take 6 heads of larks sodden in oyle, or swete almondes, or of oyle of cockill called Zizanium, it loseth the wombe and keepeth it moiste.

Against wormes in the belly.

Take and make pancakes or friffures of meale, with leaues of small saple barbe, & eate of them, for they are very good against wormes of the belly.

Also take the iuice of scabions is good, and also it slepeth wormes in the belly.

Also make a plaister of peach beanes, with a litle vineger, mints, and wormwood, and lay it to the nauell against wormes in the wombe either long or short.

For to slea or void wormes out of the belly, drinke the iuice of plantaine.

Also take the iuice of mints, & of horehound, and drinke it, and it will slea the wormes.

Also the powder of aloes taken with hony, sleeth the worms in the belly.

For wormes in the belly.

Against wormes in the belly, take garlick, pepper, a litle perely, and the iuice of mints, make of them sauce, & wet your bread therein.

Also for the worms in the belly, take armoniack with the iuice of wormwood, and arsmerte.

Also for wormes in the wombe, make pills of Galbanum, and anoiat them with hony, and vse them.

Also medle the iuice of rosemary with hony, against the worms in the wombe.

Also giue the powder of wild gourds & hony madded together, to the patient that hath wormes in the belly.

Also take the oyle of almondes, and put it in his meate with flower of bitter lupins, against the wormes in the belly.

Against the flure of the belly.

Take small reysens, and vse to eate of them with yew meat, yt taketh away the belching, and stoppeth the flure in the belly.

Also take the powder of the roote of Turmentill, and drinke it with warme water of plantayne, againste the flure of the wombe.

Take the rotes or beards of larks dyed on a hot stile, and the smoake taken beneath, is good for to close the flure of the bellye

Take the iuice of the croppes of byters with a glister.

Take the iuice of sloes in wine, and giue it to the patiente to drinke for the paine.

Take the powder of 5. leaved grasse, and the iuice of plantaine, against the flure of the belly.

Take the rotes of serne, roses, wild cresses, figge tree leaues, and flowers of camemill, of ech a like muche, and beate them together, and seethe them in raine water till the water bee halfe wasted, and then receiue the smooke, and washe your feete in the said water.

For wormes in little children.

For worms in childrens bellies, make a plaister of this herbe Rod alia; being stamped, and laid to the belly.

For wormes in childrens bellies.

Take i. lb of Aloes sincatrina, & as muche of Colla curtidia, and make them both in fine powder, and boyle these two powders on the fire with halfe a pounds of swete butter, and so vse the child

childe thrise times ouer the stomacke and belye, but let them bee
craped with a fine cloth after that they be boyled, and rubbe it
well against the sye.

A drinke for wyemes in chyldren.

Take of wheate flower as much as will couer a french crowne
heaped 3. times, and put it into a goblet, then take of sayde
water almost a pinte, and set it to the fire, and lette it seeth, and
skim it cleane, then take of penidie 2. unces made in powder, &
put it into the water, and lette it boyle well, then take it of the
fire and poure thereof into the flower, and stirre it wth alwayes in
pouring that it be no thicker then milke, & no thinner, giue the
party to drinke thereof good and warne.

A plaister for wyemes in chyldren,

Take of Aloes succatrina ꝑ quantity of 2. beanes beaten in fine
powder, and put it into a spone, and put thereto of the twice
of baymewood as much as will make it moist like unto a salve,
then take a piece of red lether as broad as thre fingers, smere it
thereon, and warme it a little, and laye it vpon the nauell, and
binde it to for 3. dayes till the childe haue ease, and then take it
away: proued.

For a stich in a mans syde.

Take a piece of white lencned bread, and tosse it on both sides,
and thin spred it with the beste treakell of the one side of the
tosse, and couer it with a fine linnen cloth, and so lay it to
sofe side where the paine is, and it will helpe you god willing,
for this medicine cost 5. s. the learning.

For broken sides,

Take and stampe rotes in a mortar, then put thereto the blood
of a goat, and fry it together, & lay it all hot to the side, renew
him not till 2. or 3. dayes,

For the sore within the thigh

Take allanders persely, longage, red fennell, smallage, burnet, and gromell, and see the them in white wine till the one halfe be consumed or toasted, then straine it, and let the patiente drinke it first and last, at sneeing cold, in the morning hot.

An ointment for the side

Take a handfull of mallowes, a handfull of groundswelly, a handfull of solistillie, as much of nightshade, a quantity of bernaine and byll, these herbes muste be stamped as small as they maye bee, and temper it with maye butter, or sheepes suet, ouer the fire, and so make this ointmente, and annoynte the bodie or side that is stiffe by the fyre, the oftener the better: proued.

For the poxume in a mans side

Take wormewood, mint, calamint, herbe betmet, mallowes, chernell, sage, rosestomers, purre them together, and put thereto comin, and crummes of leauened bread, and boyle them in wine or pisse, and make a plaister and lay it to the side.

For the poxume in the lines

Take and drinke rewe oftentimes.

Also stamp figgs with oyle of olue, or with grease, and plaister it vnto the side.

Also drinke the iuice of scabions, and half a li. of the powder of corral, & medle them together, & drinke thereof a good draught, and it shall bryake the impostume of the side.

Also take marthe rabbitie, rewe, wormewood, comfrey, latur, stampe all these together, and drinke it fasting, and thou shalt bryake the impostume inwardlye, and annoynt yt outwardlye.

Also take marthe rabbitie, rewe, wormewood, comfrey, latur, stampe all these together, and drinke it fasting, and thou shalt bryake the impostume inwardlye, and annoynt yt outwardlye.

For ache in the side of ribbes.

Take the sulce of knotgrate with the oyle of roses, and anoint the sides and ribbes.

For ache in the side of ribbes.

Drinke sage with wine a litle warmed, and it will cease the ache under the sides, and of the wombe, and it is good for the dropic, and the palle.

Also drinke cherurie with wine, and yt will ease the ache in the sides.

For all diseases in the side.

Take twoztes, and make balles of them beinge sodden, and bye to them in a newe earthen pot, and grind them to powder, and after that gather it together with hony, and smere them well together, and plaister it to the soze sydes.

For womens sides that be sore.

Take hillwate, alexander, pectly, louage, red fennell, radish, Encl. campana, and so the all these herbes together in white wine, from a pottle to a quart, and let the patiente drinke thereof morning and evening till the paine be allwaged.

For the plunck, and for such as are bled for.

to let blood, and to save them from

letting of blood, and to save

from all ill blood.

Take rye bread, and cut it in fine filthers, & let it in f. boile for to dry, and when ye shall be payned with the spleene, put the bread in vinegar the strongest that you can get, and let it stepe therein fower howers, till it is well soaked, then sette it on the fire, and ceth it together, and make a plaister therof, and lay

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of

lay it on the side wherreas the griefe is, as hot as the paine maye suffer it; and it shall dissolve all ill bloude, and take awaye the payne in their order, this hath bene proued for the plures.

Take the rotes of wild malloines, the greafe of a hogge, the greafe of a for, of a gosse, or dycke, of ech i. vnce, fresh butter, and Terrebanthum, of ech halfe an vnce.

Also the fatte of beale, vi. drams of the oyle of dyll, half an vnce of f. marye of a dove, the legs of albes of ech half an vnce, y powder of the seedes of flaxe, vineger, and bay berries, of ech thea wannes; and eight figges, beate all in a morter, then put all in a panne, putting flaxe therein to binde it together, and stirre yt with a sticke vpon the coales, and then take the whole or parte thereof, and spred it vpon lether, and couer it with silke, & baste it with threde like a twilt, and so apply the plaister to the place so greued as close as you may, and so by gods grace you shal find great ease for the paine thereof: proued.

For ach in a mans backe.

Take clove rotes, and make them cleane, and stampe them, and temper them with ale that is stale, and boyle it well, and freyne yt, and drinke it in the mo:ninge colde, and at euening hotts.

For the paynes of the backe, of
man or woman.

Take wallwot, and seeth it, and presse out the water, & bay it in a morter, then fry it with shapen fallow, and put thereto cleane byanne, and plaister it to the backe either of woman or man, & it shall helpe them by gods grace.

For the carnes of the backe.

op. ii

Take

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Take ii. newe lardenges, and put away the scabbe, and fill the shell with the iuice of clary, beate it layre, and straine it, and stirre well the yolkes and the iuice together, quere a few coales for the time it is boyling, and then take one, and eat it, & vse this 9. dayes fasting, and it shall strengthe your raynes, and comforte nature, although the patiente bee righte feble, yt hath bene proued.

For a sore backe,

Take mallowes and seethe them in faire water, and laye it to you a redde clothe to the soze as hotte as yett maye suffer it.

Also take kernells of basil nattes, and the uninge of the house culuer, and may butter, stamp them together, and it shall make any soze for to breake and to heale, and for the great paine in the backe: often proued.

For the raines of the backe,

Take ii. gallons of strong pisse, and styl it, and take a handfull of lappy sage, 3 hemlockes, mallowes, rewe, egrimony, scaphions, & still all these together to a pinte, and when it is stilled, put thereto 4. spoonefulls of oyle olive, this is made principally for the raines of the backe.

For the raynes a good drinke.

Take the iuice of betony, of wine an ounce, and of the betony a spoonefull, and the powder of pepper, medle these together, & drinke it for 3. dayes fasting.

For the wasting of the kidneyes;
and for paynes of the backe.

Take a handfull of planten, a handfull of persely, a handfull of betonye, a handfull of water betonye, a handfull of foyrell, a dosen

a pallen stoppe of rosemary, seeth these in 3. pintes of ale, tyll it be waiked and straine them, and put thereto a pinte of sacke, & and a good pece of suger, and burne it well together, and so giue it to the party al hot euening and mozing: poured.

For the whytes by the running of the raines,

TAke whyte washed turpentine, and make it by in balls like pylls, then take Cinamon, ginger, and rowle the baules in it, and take them as you would do pills mozing & enening.

For the whytes.

For the whytes by the weakenes in the backe, take an erthen vessel, & put it in a quarte pott of faire water wherin you must quench two or thre gaddes of stele being red hot, then slepe therein an hnce of lettuce seeds 24. houer, the straine the same, & seth it halfe away, and scome it very cleane, and kepe it in a couered cuppe, and drinke this mozing and enening withe powder of Iuoy.

Also take archangel, and seth it in drinke, and drinke it mozing and euening, it is very good, the red for the womā & whyte for the man.

For all manner of aches in the backe.

TAke egrimony, mugwort, both the leaues and rootes, and stampe them with swines grease & vineger, and seeth them, and lay it to the backe.

Also take a good quantity of pennyriall, and put thereto vineger, and oyle olive that is greene, and laye it to thy backe play, &erwise.

For him that hath lost his complexion from the backe,

TAke linsede, & stampe it small, and temper it with goates milke, and straine it all warme, and drinke it 3. or 4. times fasting, and thy complexion will come againe.

For the paine of the backe.

Take

Take Vngentum rosarum, and chaffe your backe morning and euening, and laye to this plaister: take fetherfoxe, tanseye, houlliche, of eche a handfull shredde and stamped fyne, then frye them wel together with a saucerful of honye, and two vnces of boues bounge of the newest you can get, when it is thicke like a plaister, then put it in the ende of a smal sleue, and so lay it to your backe al warme.

For all manner of aches in the backe.

Take smelldog, egrimony, monseere, and stampe them all together, and washe them well firste, and temper them with ginger, and frye them wel in bores grease, and make a plaister, and as hot as the sick maye suffer lay it on the ache, and hee shal haue ease.

Another for the same.

Take lyllye rootes, cannemyle, anniseeedes, and stampe them all together, and frye it in bores grease, and put a little wine thereto, and in manner of a plaister lay it on a cloth, and bind it fast to the backe or raine al hot, and after thre or foure dayes, remoue it with reneking of the plaister thereto wythe moze freshe.

For the running of the raine.

Take pellytope of the wall, and stampe it, and straine it, and drinke it with malmsiepe, or whyte wyne or ale, and do this often til that thou be al hole.

Also a tanseye made of of clarge, is verge good for the same disease: proued.

For incontinens termes.

Take selondine, and let a woman put it in her hole vnder the soles of her shete, it is very good.

Also

Also mollet leues, hollyhockes, the red flowers of them is very good.

Also the greates leaues of burres, and seth them in stronge ale, is very good.

For waishing of nature.

Take a pinte of malmesye, and put thereto a peny worth of synamond, and an other of cleane mace, and boyle them together the fyre with wyne, but fyast make pouder of your spices, then take freake as much as a damson, and put thereto, and stirre al together, and let the sicke drinke thereof hot at all times, and it shal a boyde all flemme, and winde in the interior partes of man, and to restore his nature proued.

For all impostums in the body.

Take centory, rosemary, two five wood, horehound, and make it in syzrop with whyte wyne, and let the sicke take thereof, and it shal cause the postume to go dolowre, and when it is broken let him drinke so, to drinke of the same syzrop warme.

For to descripbe all impostums in man by woodman.

Take the roote of holy hocke, and wash it cleane, and seth it till it be tender, and then put out the water into a vessell, & then take linseed, and fenegreke, of eche of them a like much, & se that thou haue as much of them two as the roote that is sodden, then seth them in the same water til it rope as it were bird lime, then stampe the roote and do thereto barlye meale, & mingle them well together, and frye them with bores grease, & laye it to the soze plaster wise, as hot as you may suffer it, and with in 9. dayes ye shalbe hole.

Also take turmentile, and let the patient drinke it often, and it shal cure him.

An experient to take away the mother,

Take a great deale of mugwozte, and as you gather it slice the leanes downward, then washe them cleane, and boyle them in running water, til they be very soft, and when the party goeth to bedd, let him or her washe them selues therewith from the naddell downeward both flankes and members, and also the mother soe hott as is pmissible to be suffered, remember the parties that they washe not upward at any time, and with in three dayes washing, the parties eyther hee or shee shall bee whole God willing.

An other medicine for the mother.

Take a handfull of mother time, a handfull of mother wozte, a handfull of flope, a handfull of sage, seeth all these in a gallon of faire water untill it be halfe consumed, then mashe it upon halfe a peece of malte, so let it stande an houre, then take the wozte of it as you do soe drinke, and put yeste to it, and it is thus made, and let the party soe drinke it morning and evening.

A drinke for the paine of the mother.

Take a dram of Mithridatum, and dissolve it in an vnce and a halfe of water of wormewood, and giue it to the woman for to drinke afore that she goeth to meate 4. houres, & lett her not drinke a good whyle afterwarde: proued.

A most excellent medicine for the mother the collicke and stone.

Take fenellseede, Coliander seede, carr owayne seede, perselpse seede, gallingall seede, grometwell seede, an vnce of seche of these. Also an vnce of leaues and coddle of Scene, a quarter of an vnce of spignell, a quarter of an vnce of time, take all these & make them into pouder, and searce them through a searcer and drinke

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Drinke them in wyte wyne. or good ale first and laste, and in all
maner of sauces that you eate with your meate, and this mede-
cine shall cure the mother, the stone and the collicke, &c.

An other for the mother.

Take rugworse, and hebe sinonde, sandrye, and red mynts,
and drinke all these iuyces with red wine, and giue it to
the woman that is paines with the mother,

A good medicine for the mother what
soeuer be the cause.

Take the rasinge of iuerpe, and the rasinge of an harts horne
with the beare of a hare dried, and made in pouder, and as
much of goses clauves burnte and poudered if they may be
gotten, or in steade of it sheepes clauves, take all these and vse
to eate of them in your pottage, or other wise in your drinckes,

For the genitoris.

For the paine and swelling of the genitoris, seeth well the
roote of byssee, and make a plaister thereof, & put sewet to it
and binde it fast thereto with a bande, and it will cease the
paine and swelling of the coddos.

For swelling of the coddos,

For them that haue swollen coddos with fleame, so that they
shyne, stampe dones soote with small grene letice, and laye
it y plaister wise thereto.

Also take barley meale, and hony, and frye them together, and
make a plaister thereof, and let the party so greued lay it warme
to the grieve of the coddos.

For swelling of a mans coddos,

Take rewe, and woyme wood, and stampe them together and
put

put thereto hony, and make thereof a colde plaister, and lay al about the codde, and when you will take the plaister awaye, then washe the codde, with wineger, and he shalbe whole.

For a man that is brysen, or that his codde be sore.

Take y^e woole of a blacke rames codde, and put that woole in to oyle and poudre of comyne, and heate it hot, and therof make a plaister, and as hot as the party can suffer it, laye it to his codde, and it wil do away the aking, & make it whole with in 3. or 4. times dyscing therewith.

For swelling of the codde.

Take rose leaues, rose water, red wyne, cammemyle, of cammemile flowers, and beane flower, let them boyle together, and make a plaister of it, and laye it to the codde as hot as he may suffer it.

Also take the iuyce of twalwoorte, apsyl, and hony, and so there to barly flower, & seeth the til they be thicke, & binde it to the soze al hot.

For a mans yarde that is scalled.

Take bryse woorte, berueryne, herbe roberte, pimpernel, of ech of al these a good quantyty, & most of al of pimperl, stamp them al together as smal as you may, then frye them with butter, and straine it through a cloth, and put it in a bore, and there with annoynt your yarde colde, & of these herbes make a plaister & lay it to your yarde cold doing it every day 2. or 3. times aday.

For a mans yarde that is brynt.

Take a linnen cloth, and burne it to poudre, and take oyle of eggs, and annoynt the soze, and fill the grieve with the said poudre. Also for a mans yarde that is soze, and ful of holes, take a good compayn of dapsis, and stampe them, & chaunge them oft.

also

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Also take linseeds, and burne it, and make pouder thereof, and do it in a cleane cloth, and lay it to the soze.

For a sore in a mans yarde

Take swymis more, hocke leaues, ambrose leaues, bernaine, peritorie, cherfaile, masticke, byuse these herbes together in a moyter, and myngle them together with masticke & swines grease, and oyle oliffe, and boyle them, and straine it through a cloth, and with this vnguent annoynt the soze yard so greued.

For the swelling of a mans yarde.

Take lekes and byate them in a moyter, and frye them in freshe grease of a boze, and make a plaister, and laye it all about the yard, and it shall asswage, and heale it proued.

Also take claze, and beate it to pouder, and syt it, and take wine vineger, and seth them together, and make a plaister thereof, and it will take a waye the swellinge thereof,

For paine in the bladder.

Take four dzams of betony, and 4. roots of smalladge, sodden in water, but first seth the rootes till the water be halfe waiked, then seth the betony therein and drinke thereof.

A decoction for to drinke with wine, for them
that make bloody water, by fracture
of any vaine, within
the body, as in the
uterine &
bladder.

Take of knotgrasse, Pursa pastoris, of each a handfull, the cups
of acornes of camphire, .i. leafe of sinamō fine a dram waigbt,
of lycoris cleane scraped and sliced .i. dram waigbt, of water
a quart, of suger 2. vneces, all this must boyle to ½ consumptiō of ½
third parte, & then let it run through a faire cloth into a cleane

℞.ii.

vesell,

bestell, and when it is colde put it into a glasse: for your drinke
use thereof eyther in ale or beere, and it shall ease the bladder of
payne.

For him that pisseth blood,

Take amarusse, Pursa pastoris, perisseyde, stampe them, and
temper the with goates milke, and giue the party to drinke,
and it will stanche him shortly.

For a man that pisseth blood.

Take of the earth y^e is on the swallowes nestle, and put it in
to hott water, and giue the sicke for to drinke, and the ble-
ding shall stanch within a whyle.

For a man that may not holde his water.

Take y^e clauyes of the gate, and burne them in the fyre, and
make thereof poudre, and let the sicke use of this poudre in
his pottage a sponesfull at once, and he shall be whole.

For a man that may not piss.

Take mallowes, and a good quantity of gromell, and seethe
them in vineger a good whyle, and then let the sicke drinke
thereof warme, and he shall piss soone after.

An other for the same.

Take lanberd, and make poudre thereof, and then let the
sicke drinke thereof with whyte wine, & he shall piss soone,
for this medicine hath bene proued.

For a hard wombe and for to piss.

Take perisseyde, and of ache, of sparge, of euery of them
4. unces & stampe them to poudre, & blend the to a portion of
drinke,

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and drinke it morning and euening with white oꝝ water.

For to make a man to pisse well.

Take peritorie, stampe it and fry it, & lay it all hot to a mans share.

Also make a plaister of the flower of cockel and hot water, and to lay it to the sickes share,

Also linneseade sodden in honye longe, both cause a manne for to pisse well.

For a woman that may not hold her water.

For a woman that may not kepe her water, take egrimonye and salte, and stampe them together small, then seeth it in old wine, into the thirde parte, and giue it her to drinke.

For man oꝝ woman that may not well pisse.

Take Galbamum, and lay it to the end of the mans yarde, and for a woman lay it to her nauell.

Also drinke the crops of red nettles, chepes tallowe, scenson of a house top, and fry it well together, and as hotte as the man may suffer it lay it to his yarde, and for the woman lay it on her navel all hot: poued.

For one that may not well pisse,

Take a quart of white wine, and a good piece of stone pitche, anniseedes, pericely seede, and a piece of suger, and let it seeth from a quarte to a pinte, and drinke it warme euening and morning, and it shall helpe the party so greued.

For straightnes of pissing,

Take and seethe camemill in wine oꝝ water, and oftentimes drinke thereof, it easeth greatly, and it profiteth greatly for stoppinge.

Stopping of the milke, and of the liner.

Also take the leaues of *Stamarche* or *alisander*, and put them on a tyle stone being warme, and lay it all hotte to the priuy members, and it will raise the straightnes of the pissinge, and abate the paine therewithal: poued.

For *gommora passio*.

Gommora passio is flowing of a mans seede against his will, and commeth of diuers causes, either for feblenes of his rains, or of plenty of bloud, or of a palse in man, this passion is perilous, for it bringeth a man vnlusty or woman, that her ioynts be as soze as a man that is wery for traauiling, and hath no wil vnto a woman.

Take the seede of lettice, and make it in powder, & drinke yt with water, for it strayneth the flure of kind, that passeth forth in the patients water against his will.

Also the powder of mints dried in an ouen, best restoreth kind, and restraineth the errors of the flure.

Also *Castorium* boyled in the iuice of *Agnus castus* that is called tutsone, & being dronke is good for the passion.

Also amber orientall is a pretious thing, & Caldo plaistered & laid on the raines of the backe.

Also temper the powder of camphier with musilage or berinice, or the iuice of mayrell, and therewith anoint clothes, and lay to the yerde.

For all euills in the bladder.

Take ache and perselye, fennell and pimpernell, all by euen portions, braye them together, and temper hit with warme water, and drinke it, for it will make the euills to passe, & for to cast out the stone that is in the bladder: poued.

An other for the same.

Take porret that neuer was set rote and all, bray them, and temper

temper them with wine, or with stale ale. & scath it from a pot-
tell to a quarte, and take of the powder of Philopendula i. vnce,
& vse this 9. dayes till thou seie thy self eased.

For a pynny malleby that a man
taketh of a woman.

Take a dead mans bones, and burne them, and make powder
of them, and lay the powder on the heare, and thou shalt be
whols by Gods grace.

Also if a mans flesh arise to much, let him drinke often bernien,
and his flesh shall not rise, nor hee shall haue no likinge vnto a
woman.

A water for canker in the nature of a woman,
as in the part of a man.

Take an vnce of roch allam, and half an vnce of berdegrese,
and put therein smiths water into a glasse, & let them boile
for the space of ii. howers, & washe the soze place therewith.

To prouoke flowers in women.

To prouoke the flowers in women, make a fomentation of
the decoction of this hearbe Tucion, and of the hearbe called
Centum Galli,

Also take a gum that is called Serapini, and meale it with the
powder of centory, and lay it to the nauell.

Also lette the woman bath her selfe in the water that camemill
bath bene sodden in.

Also take the iuice of marygolds: dronken or eaten with a cere
egge, and meale made in friffiores both the like.

Also to cause the flowers to flowe in women, take the iuice of
nettles and her brine, and put it in the matrice.

Also make a fume or smoake of Storax calamitæ vpon coales,
and let the woman receiue the smoake with a somell.

Also wine meyled with the powder of mirrhe and sowtherne
wood,

wood causeth the flowers in women.

For the excessive flowing of womens flowers.

The woman must be bathed with the water that this herbe wooddippe is sodden in.

Also take and make a suppositoꝝ of the powder of Bolle armoniacke, and the powder of Sumac, of masticke, and the iuice of planten, and put it into the renduit.

Also oaken leaues eaten, stoppeth the lungs, and excessive flux in women, and chiefly the water vponke that the middle rynde is sodden in, or therewith bathed.

Also seeth the leaues of this tre in wine. which is called masticke, and lay them to the nether partes of the bellye, and on the raynes, in manner of a plasse.

Also to stoppe the flowers that flowe abundantly, take & seeth 5. leaved grasse with raine water, and so lette the partye bathe her selfe therewith.

For a woman that is in trauel of child.

Take lake blades, and scald them in hot water, and bind them to her nauell, as hot as she may suffer it, & it will doe out þ dead child, and when the child is forth, say iii. times Quicunque vult ouer the woman, and she shall be safe.

For sickness that causeth a woman that shee may not conceiue with child.

Take a hartes horne, and burne it to powder, and then take goates milke, and lette it ouer the fire, then caste of the powder aforesaid by quantitie into the milke, and drinke it of as hot as she may suffer it, and this will ease her of her payne.

To make a woman soone to conceiue with child.

Take the wine that neppe hath bene sodden in, þ third part, and giue it to the woman to drinke fastinge for thre dayes, together

together, and she shall some conceine with child.
Also Apocras saith, that a woman that is with a man child is
redde, and her right side is royn about, & if she be with a maide
childe, shee is blacke, and her left side pappes is royn about.

For a woman that is swollen in
her belly as though she were
with child.

Take sauerye and stampe it, and put thereto good ale, and
take ieste, and white amber, and make them to powder ve-
ry small, and giue it her to drinke with the sauerye, and make
a plaister of sauerye and of ylope, and of leekes fryed in fresse
butter, and laye yt to her belly, and fynes, and shee shall bee
whole.

For a woman in framett of child.

For the after throwes of a woman if it be the first childe, take
the house, or bed that the child was in when it came out of the
mothers belly, and washe that bed faire and cleane, and then
cast away that water, & then take faire water, & therewith seeth y
house of the child, and let it seeth a great while, then take it out
of the water, and burpe it where that you will, and giue the wo-
man a quantity of that water for to drinke that it was sodden in,
and she shall neuer haue the after throwes againe.

A powder for women trauelling with child.

Take betony and make it in fine powder, and giue the party
therof for to drinke, and it will cause her to haue good deli-
uerance quickly.

For the whites in women,

The Galbanon i. vncs, mastick ii. g. gallingall i. vnce,桂
men ii. vnces, Calamus aromaticus 3. vnces, ginger i. vnce,
Bolle armoniacke

niacke i.℥. white nutmegs iii. vnces, Quebebes ii. vnces, long pepper ii.℥. white pepper ii.℥. beate all these together in a mortar, with a quarter and a halfe of white sugar, and let it bee fine powdered, and let the patient take it in the morning in warme posset ale clarified, and i.℥. of mares boyled in the ale, and at noone in her brothe, and at night with a little boyled milke, the weight of a dram at a time.

Also to bring downe womens stomakes.

Take a spoonfull of the iuice of Slope, and a spoonfull of the iuice of germaunder, and sowthorns wood, in like manner take wild tansie, and wild time, and boyle them in white wine, and giue the patient for to drinke till she be whole.

For to make a woman to conceiue:
a child speedily.

Take tyme, and make oyle of the crapper and branties, and it is good to anointe the women about the haull, the wombe, and the raynes, that is to comfort her, and to make her conceiue with child quickly.

Also to restore nature, take Spermaceti, and Burras, and grind them together, and giue it her to drinke in wine or ale.

For to make to women pappes small
that bee greater.

Take the skinde of hemlockes, and sethe it in vineger, and anoint oftentimes the breasts and pappes, and medle the powder of incense therewithall.

A medicine for pappes that runne,
and be right sore.

Take foxrell de bayes, lappe them in worte leanes, and put it in the endes half a mile way, stampe it as small as you may, do thereto honey and vineger, and medle them together, & do it in
a bors

a boie, first lay a plaister of garlicke vpon the soze, so boyle it in
vinoeger thre or fower times, and yt shall cease the runnyng
thereof.

For a woman that is troubled after her trauell
with losenes of her piny partes.

TAke a quantity of Venice turpentine, and rolle it in suger,
and giue it to her, and cause her to swallowe it downe, not
chewing it at all.

After that cause an alebure to be made for her, and put into it
the powder of camphrye, and giue it to her to eate, and the tur
pentine shall close, and the camphry shall close, your camphrya
masse be dyed in the shadowe, so that the winde and sunne doe
not come to yt: proued.

For to deliuer a dead childe forth of the mother.

TO deliuer a dead childe, seeth this roote of Aristrologia longa
in wine and oyle, and make therewith a fomentation.
Also to deliuer a dead childe out of the mothers wombe, and the
webbe that is in the woman, make an iniection or pessayze of
the iuice of this herbe dittany, and medle the powder of y roots
therewith.

Also make a plaister of holly hokes, with a litle salte & goose
grease, and lay it to the matrice.

For a mans fourdement that goeth out

TAke the red nettle-croppes, and bray them small in a mor
ter, and doe them in an earthen pot, and doe thereto a good
portion of white wine, and seeth them well together to the
halfe, and giue thereof to the sicke to drink first and last warme,
and lay the substance of the herbe to the fundement, as hott as
he may suffer it till he be whole.

For the fundement an other.

Take

Take march and o, make the mite, and lay a plaister thereto for that disease.

Also against the paine of the fundament, o, of the maistice, of the bowells, seeth the leaues of holly hock in water, and make a sicke of that water, and wash the offence.

Also make a plaister of scabions and lay thereon, but the patient must haue the smoke thereto.

For the fundament an other.

For the small cliftes that bleedeth in the fundament, lay there to the powder of Anthera, and anoint them with water that dragagant hath bene chaffed in.

Take blacke beanes, and grinde them very small, and searce them well, and powder it on the fundament, and then put it in again: then seethe the said meales in a panne, and meale it with white wine, and let it sette till it be thicke, and then spread it on a clothe plaister wise, and laye it as hotte on the fundament as maye bee suffered, and remoue it twile o, thise a daye, and reuicue it allwayes with frethe meale, and yee shall bee whole Godwilling.

For the piles, and for the emerdas, and for the culls of the fundament.

Take ckespire, capse barbe, and bath the patiente in the same to the nauell, o, binde the herbe hotte in a clothe, and let the patient sit thereon.

Also take dry bullbeckes, and put into the foundement, and it shall be all whole.

Also heale the fundament close with a leafe of S Mary cappter, and when one is dye then take an other, and it shall helpe you quickely by Gods grace.

For to helpe the piles

Take english hony, and the iulce of wormwood, o, the small leaues o, roots of daffies pound very small, and put them in a linnen cloth.

cloth, and put to the soze place, and so ble it thus tyl thou haue
hole.

For the piles and emerodes,

Take mitchell shells and burne them in the fire, and then take
the wholie of them, and make it in fene powder, and put in a
litle english hony, and temper them together, then laye it upon
a litle linnen cloth, and laye it vpon the soze piles.

To stanche the bleeding of the piles

Take and pound the mire of milfoyle that is pruned, also
powder of burnt garlick, and the piles that is soze.
Also take blacke wol and blacke soze, and binde it to the
bleeding of the piles.

To destroye the piles

Take oyle of roses, and frankensence, and hony and make an
oyntment of them, and put it in with the fing r into y foan-
dament, and put thereto mirche, and often anoynt the fundamēt
there with, and let the bzeath goe up into the fundamente.

For piles that be great in humors

Take the reddell and the reddest tares that you can haue, and
make it in a plaister vpon a netwe lockerum cloth, and make
bolsters of some other thing, and so put two tapes to euery corner
to tye about the patiente y plaister, and once a daye with newe
clothes.

Another for the piles

Take a greate onion, and take out the roze, and put it full of
suger, and stoppe the hole of the crowne, and wrappe it in a
browne paper, and lyne it safe with a pate the ebe, and roll
it as you rolle a warden, and when it is rolled ouer it, laye it
as hot as the patiente may abide, it to the soze place.

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For the piles an nother.

Take the rootes of bernaine, and the rootes of clove, and two
rotes of fyre, and on the same fyre put powder of franken-
sence, and let the heate run up into the soze.

For the piles.

Take molet leaues, and seeth them in faire water till they be
softe, then take in the butter, and make an oyntment thereof,
and this is for the piles, for it is a medicine very well and o-
ften appoyed.

Also take Jade sope, and make a plaister thereof, and laye it to
the piles or emerodes, or to the fistula, till that they do fall a-
waie of them selues.

Take newe milke, and a litle fine flower, and seeth them to-
gether, and make a plaister of them same, and burne an oy-
ster shel, and powder it, and strawe it as thicke vpon the plaister
and as hot as ye may laye it to the place. Also let the party that
hath them to blowe their noses vpon a cloth, and strawe there-
vpon a litle softte, and as hot as ye may suffer it lay it to the
place.

For the emerodes.

The emerods be v. heynes that come to the arse, that breedeth
melancholy blood, and may not be stopped to sone, it is good
for to bleed in the liuer vaine on the arme, and vnder the ankle
and let him drinke morning and evening the iuyce of millesoil
mixed with watine wyne, and plaister the herbe to the arse, if
the matter be plentiful, then he must be purged firste ere y
ye close by all, or the belace of a drape, or of a breasting out

The path way to health.

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Take the roote of flouinge, and ponder it, and take the yolke of an egge, and wheate meal, and treadle it with the powder, and frye them in greale of oyle, and use it for it bays till he be hole.

For the emerodes.

Take the croppes of ellerne stamped, and laide too in verpe good. Also lokes and salte, if they rise againe laye it too againe.

Also take the roote of boyler pelleroye, and grinde it, and put thereto the powder of arsenicke, and laye thereto. Take vinegar, allam, and deeres le wet, of eche a little, and boyle them al together, is very good.

For the paine of the emerodes.

Take houselecke and sheepes doange, and stamp both together in a mortar very small, then take of sheepes tallow, and choppe it very small, and put it in a panne, and let it seethe upon the fyre, then put in the houselecke, and the sheepes doange, and boyle all these together, and when it is well boyled, take it of, and straine it through a linnen clothe into a deepe dish, and then anoint the patient with it, as hott as he may endure, this bath bene proued.

For to destroy the emerodes.

Take olde shoes and burne them to powder, then take a sayserfull of hony, and then take as much oyle of vine that is old, and temper them till they be thicke, and laye them to the soze place, either for the piles or emerodes.

For the emerodes.

Take red wooster, and seeth them in a pot, then take the pot, and set it under a cloffe chayne and set ouer it and lappe warme.

The path way to health:

132. For the chancie, The path way to healeth.
warme clothes about the chancie, that no ayre may go out; and
so sit still, vntill it be cole, and there with annoynt y^e party
with the licoure. Also take a platte of leade, and rub thereon a
quantity of bores grease, for a man, and swines greafe for a
woman, and waite it out with wheyte wyne, and annoynte the
extremities.

...all ends in the market.

Take it by leaves, and hve them, and make them into powder, and mingle them with what thou wilt, and

An excellent for chaffing of the stomach. Is used also

The capons greafe, and make an ointment thercof, and an
 ointment the same flanke.
 Take the roots of the flouer betwixe dried, of the rated herb
 engellings, and make them of eache a like quantity, beat them
 into powder, and each with oyle of roses, of of linseedes, make a
 Cosmentyente.
 Also the decoction of plantaine, burra pastores, hostetate, and
 hysopall, all these are good to beate all thyringes of
 painne and flanke.

F 02 chaffing of the flanche.

The beane flower, barlye flower, and the flower of pithes
tempered with a litle oyle of roses maketh a saluaigne ointment
good for the same.

Also if the chafing be greene it is used goodly in a bath of help
herbes, bill, violets, and mulleins with a litle Gyngere, then
waite the flanke often tymes therewith.

Take we, loange, and trample them together, and put them

to hony, and make thereof a plaister, and lay it to the soze knees and it shal put awaye the swelling and ache with al, with in thre tymes vsing thereof.

For the swelling of the knee.

Take the parties water so greued, that hath stood thre or four dayes made, seeth it and skyme it cleane, and wash the soze knee as hot as he may suffer it. Also take millspole, deare sewet, or shepes sewet, & fric them together, & lay it to al hot.

For ache or swelling in the knees.

Take two handfull of lauender leaues, or the flowers, or both together stampe them in a mortar very small, and steepe the lauender 2. houres in a pinte of malmei, the straine it through a cloth, and boyle it well, and then with a sponge all to bath the swelling of the knees or the ach thereof, and within 6. or 8. daies vsing thereof it shal helpe you Godwilling.

For the swelling of the knees or ach.

Take soyrell, bineger, smalladg, and shepes sewet, and melte the sewet, and put in these herbes, and make a plaister thereof, and laye it to the soze knee.

Also against swelling and aches of the knees, bruse the flowers of plantaine with salte, and laye thereto.

Also stampe the leaues of plantaine, and laye on them.

Also take the iuyce of an onion being medled with the grease of a henne, in maner of an oymtente, and annoynte your knees often therewith.

Also bathe your knees in the water that elder leaues was sodden in, is very good.

For him or her that is diseased in their knees

in their ioyntes that they may not go.

Take a blacke sheepes head, and smite him al to piéces wolle and all, and put it into a pot with water, and seethe it al to pappe, and then get out al the bones, and then set it on the fyre againe, and put thereto a good quantyty of orsmeale, and lett them seethe till they be thicke, and then laye it on a peece of lether, al warme laye it to his or their ioyntes, and they shall find greates ease of the swelling of their knees: proued.

For a sore knee.

Take and seethe beanes, and honve, and rawe egges, and make a playster and laye it vpon the sore knee, as hot as you may suffer it: truely proued.

For the swelling in a mans knee.

Take a blew wollen blanket of clothe as much as will lappe about the knee, then take the whyte of two or thre hens egges, and beate them well in a dishe, and spreade it vpon the clothe, so done, then take the yolkes and beate them in a dish, and put thereto blacke sope as much or more, and beate them well together, and when they bee well beate n make thereof a fayre salve, and spreade it thicke vpon the cloth, and the whyte of the egges metelye thicke, and laye it aboute the sore knee, and rolle it and let it lye thereon for thre dayes, and it will take a waye the swelling and the ache: this hath bene proued.

For aches and swelling in the knees.

Take a quarte of malmesye, and a handefull of tyme boyle them together, and when it is halfe boyled, put in a good peece of sweete butter, and let them boyle together from a quarte to a pinte, and when you do go to bedd bath your knees well

wett therewith, and wett a clothe 3. or 4. times double therein, and laye it to your knees as hot as you can suffer all night, and vse this ixe or seauen times, and it shall helpe you by the grace of God.

For a greate ache in the knees.

Take erthinge iye, that hath leaues like catminte, and hath a red flower, and the leaues of peneryall, and the leaues of elder, and let them be sodden in swines grease, and the marme of a mare, and an oynnte the partve so greued therewith.

Also take the leaues of elder, and peneryal, & cinscopie, & make thereof a plaister with harrows grease, and laye it to the ache of the legges, and it shal helpe them.

For ache of the legges.

Take and dynte v. leaved grasse. Also take sowthistle, which weede, elder leaues, groundswel, and cleauers, of eche a handfoul, dye al these together, betwene 2. tiles, and then laye these herbes to the place where the greife is, and let the herbes be washed before that they be dyed: truely proued.

For the v. swelling of the legges.

Take of emeale, and milke, and put thereto the ioyce of house lecke, and sheepes fallowe, and let them boyle al together til it be thicke, and make a plaister thereof, and laye it about the soie, and that shal ease the aking, and take a waie the paine of the swelling of the legges: proued.

For all manner of ache in the legges.

Take sage, rewe, worne woode, lozrel leaues, horehound, red nettles, and stampe them al together, and mingle them with maye butter, and let it stande so 1. dayes, and frye them often and straine them cleane, and & melte therewith insence &

this serueth for all maner of aches in the legges, and vse them
at your neede.

For a blacke horrible swollen legg.

Take selondine, horehounde, herbe beninet, and see the these
together in water till the halfe be wasted, and there with
washe the soze legges every day 3. or 4. times, and so; to make
as much at a time as will serue 6. or 7. times.

For a hot soze legge.

Take peffy morrel, plantaine, smalladg, herbe benet, singrene
violet leaues, and the leaues of rusteine, marygoldes, and
grynde all these together, and wyng out the wyce, and put
it in a litle wheate flower, and hony, and the whyte of an egge
and meddle all these together, and lay it vpon the soze al colde.

For swelling in the legges.

Take 3. sponesfull of rose water, and 3. sponesfull of fenell wa-
ter, and 3. sponesfull of wyne vineger, and put them together
colde, and skym of the some of it, and then take a linnen cloth,
and dippe it in, and laye it to the soze place.

For a legge be it neuer so sore.

Take the mosse parte of a cowe turde, and laye it vpon a cloth
plaister wyse, and laye it to the soze place, and if there bee a
hole in the legge, make a tente of the same, and put it into the
hole, & laye the plaister thereto, and let it lye till that it do come
of it selfe, and you shall fynd greate ease.

For a soze legge.

Take the flowers of cammeyle; handfull of cowthyme

herne wood, mallows, groundswell, sage, a handfull of ech of these, beate them small in a mortar, and boyle them in milke, & put in the settinge therof the seeds of fenicrke in powder halfe an ounce, annysliber, fennell seede in powder of ech an ounce, and a litle maye butter, boyle all these together, and when it is but frarme, put into it 4. or 5. yolkes of egges, & medle them all together, & lay it to the sore leg, & in the boiling put thereto a pinte of good red wine, it will be the better.

An oyle for a sore legge: prepared.

Take sellondine, sage, and woodbine a handfull, seeth them in a gallone of running water to a pottell, and strain it, and seeth it againe, and put thereto a pint of hony, a handfull of the powder of allum, a pennyworth of gilliver, beaten in fine powder, and skymme yt as longe as the honye scommeth, and then keepe it in a glasse tyll suche tyme as you shall haue neede to vse it, then take a clothe, and wette it therein, and washe the soze therewith oftentimes.

A oyle for a sore legge: prepared.

Against the paine of the fete if any hath bene brus'd or crushed, take and eat the roote of the midle mugwozt with hony, & it will ease the paine thereof.

Also let the partye anoint his fete with the iuice of clary berrye often is good.

For the swelling of the fete.

Against swelling and aches of the fete, bruse the flowers of plantaine with salt, and lay thereto.

Also stampe the leaues of plantaine, and lay thereon.

Also take the iuice of an onyon being medled with the gresse of a hen in maner of an oynement, and anoynte your fete often therewith.

Also bathe your fete in the water that elder leaues was sodden in.

to the following... *It comes in the toes,*

Take of unslaked lime a little, and quench it with strong vinegar, and when ye will occupy it, pare the coigne, and mingle it with rosewater, and lay to.

Also take the gal of a swine being dyed, but first wash it with hot water, and straw the powder thereon.

Also take and cut away the coigne, and droppe into it a drop or two of of a blacke snayle, and put thereto the powaer of sandes fer.

Also take merygolde stamped, and laye upon the fore eyeninge and morninge, and yt profiteth: or els pare your coigne, and laye thereto Turpentine, and reade waer, boyled together, and make a plaister thereof, and it helpeth the coigne of the toe.

Rules for blood letting.



Alien, Ipcras, and Auicenna, and other masters of Physick, agree and say that letting blood of the vaine, and that is called Flebotomatum, or it is brentlinge, caruinge, or cutting, and letting blood of any of these wise, is good for mans health of body, for blood ymingled with other humors that is to much, or els corrupted by the cause of much sickness: it is therefore good to know which vaines in a man should be let blood, and for what sickness.

The vaine in the forehead is good for the frensie, and akinge of the head, and for the meigrim, and for the morpew, and scab in the face, for the postumes in the eyes both hot and cold.

The veyne in the harte, is good for a mans minde, and for the febrile that is within the forehead, and for the watringe eyes.

The veyne in the temple, is good for the meigrim, and for the head ache of the eyes, and for that hath long lasted, for the sickness of the eyes, for ach in the eyes, and for the great heate in the temples.

The veynes behind the eares, is good for the blayns and murells of the head, for the meigrum and ache of the head, if it pety mans minde, it is good for the toothache, and for the a. m. s. and for all bices in the mouth, and yt purgeth the reuene of the heade.

The brins in the corner of the eyes next the nose, is good for the meigrum and for all the sickness of the eyes, and for lighte, Cephalicum prius apta.

The brine in the coppe of the nose, it purgeth the braine, it is good for ache and flure of the eyes, and for the acte of the nose.

The veine in the cheeks, is good for the meigrum, and for spots or scabbes in the head.

The veine in the molde is best for to blabe, and for to walsh the head with the same bloud.

The veynes of the querlippe and the nether, be good for hott e blayns in the mouth, and for apostums, and for hot enills in the mouth or gournes.

The veine vnder the tongue is good for postumes, and returns of the head, and gournes, and all manner of bice, of the eyes, mouth, tongue, teeth aking, e blayns of the nose, mouth, gournes, and for the apostumes and swellings vnder the throat.

The veynes vnder the chinne, is good for the kings euill, and for sauceleane, for spots and biceps in the face, and other ach of the eyes, for gournes, and for ach in the nose.

The veines of the necke before, is good for the squinancy, and for all manner of apostumes, and swellings that come from the head to the eirs, or to the gournes, that causeth the toothach, when the breath beginneth to be short.

The veine of the liuer that is called Basilica, it is good for the Jaunders, and for chafing of the liuer, and for all manner of bice, and it is good for all euils in the brest, and aking of the back, shoulders, sydes, and stomacke, and for the postume that is called Pleuris.

The head brine that is called Cephanica, it is good for the meigrum, and for head ach, and for mapnes of the mind, for ach, and all other bices in the eyes, teeth, tongue, the squinancy, and other

the veins that come to the throat.

The hart veine that is called Cardiac vt medium, it is a getter of the purgation, so; it draweth blond and humors of all the body, but namely it is good for sickness & purgations of the hart, brest, stomach, liver, and lunges.

The veine above the thombe is good against all fevers, & most feuer quartaine, and for all euills of the gall, and for breightnes of the brest.

The veine betwene the thombe and the forefinger, let blond for the hot head ach, for frensies and wadnes of wit, and for sickness of the head, Cephanica, let the blond of the veine in the forehead if it be neede.

The same veine of the left hand is good for litarge, and afterward bleed in the forehead.

The veine which is betwene the little finger, and the next thereto, is called Sakura cella, ye must let blond in the right hand for postrumes, and sickness in the stomacke, and for all euill humors about the liver.

The same veine on the left hand, is to let blond for impostumes and gathering of euill humors about the milke and splene, yt is good for the blackie jaundice.

The ouer veine in the yarde is good for the crampe, and for Sciatica passio, for swelling of the wombe, for the dropie, & for the stone.

The nether veine of the yarde is good for the sides, for the raisins bladder, for swelling of the stones, and for the emerodes.

The veine beneath the knee, helpeth the knees; and it is good for akinge of the thyres, and the ioyntes, that is called Sciatica passio.

The veines beneath the knees both within and without, is good for the liver, spleen, and thies, and for the matter that is about, and for to drawe downeward.

The veine in the hammes is best for withholding of womens purgations, so; it is next the matter as saith Auicenna, and also it cleanse mans body.

The veine that is under the knockell which is called Sophena, it is good for postrumes, swellings and akinges, and other euills that

that come to mans body, from the heade to the soote it asswageth him, it is good for the stone, and letting of brine, it helpeth the matrice and womens purgation, it is good for the scab y^e is called *Malum mortum de basilica*.

The brine that is under the knockell without, that is called *Scianca*, is good for aieing that is in the thyges, and goeth dolune to the legges and to the fute, & for the *Podagra*, and for the scab, it helpeth most the aking of the thyges and iointes, that is called *Sciatica* passio.

The brine that cometh to the great toe on every foote, blede for the goate of the eyes, for blayns and spottes on the face, and for postumes and euills of the stones, for the blond, for canckers, fessers, and sores, in thyges and legges, and for withholbinge of womens purgations.

As for the tyme of lettinge of blood, to witte, that neyther in hot wether, nor yet in great colde, nor in rapye wether, nor in mistye weather, nor in wether of great tempeste, nor in y^e olde moone, nor in the new, that is to say 4. dayes befoze the change, neyther 4. dayes after, but the thre firste quarters bee good, see that the moone be in a good signe and from *Saint Bartholme* tye to *Saint Peters* tide, till *Februarie* let the blood on the lefte arme and in *January* on the right, that is to say ver o^r somer, from the xrv. daye of *Julye*, to the fiftie of *September* let no blood, for then the caniculer dayes be, after the teachinge of *Galen* and *Auicenna*.

Rules concerning blood letting to be obserued.

AL S D be ye alwayes well aduised and ware, that ye let no blood, nor open no veine, except the moone be either in *Aries*, *Cancer*, the first half of *Libra*, the last haife of *Scorpio*, or in *Sagitarus*, *Aquarius*, or *Pisces*, remembryng also y^e you oughte not to doe it in the day of the channig, nor in the day next befoze or next after the same, or when the signe is in the place where y^e incision should be made, neither in y^e heat of somer, as from mid

D,

Julye

Iuly vnto the midle of September nor in the cold time of winter, when there is much frost and snow, except vrgent necessity so: ceth you thereto. And if you chose out these signes following, appointed vnto ech complexion, doubtlesse you shall doe the better, so that time and occasion will suffer it, as thus.

Open a veine in a flegmaticque person, when the mone is in Aries, sauing in the head.

In a melancholicke man, the mone being in the first halfe, or 15. degrees of Libra, except in the hippes, or when the mone is in Aquary, sauing in the legges.

In a cholericke body, it is best to let blood what time the mone is in Cancer, sauing in the brest, the last halfe of Scorpio, sauing in the priuy members, or in Pisces, sauing in the fecte.

The sanguine man may blade in any of the foresaid signes, so that hee doe it not what time the signe is in the member, or the season inconuenient therfore.

Beware also ye Chirurgians, that pou make no notable incision, as to cut ruptures, take out the stone in the bladder, deuoid from the bodye any naturall excrescentes, wennes, or nodis, to dypart deplozate, or rotten members, to roote out the cancker in the brest, let out the water collected in the belly through the disease Ascites, to be shorfe, to make any incision or cantherization in any member, or to remove the catracle from the eye, or to attempt any other like thing by manuell working vpon the body of man, when the signe governing the same is in the member in the which such attempts are to be made for the remedy of any of these diseases abovesaid: or when the Lorde of the ascendent, or first house, is the same signe that gsuerneeth part of the body, at that time, or when there is any oppositions, coniunctions, or quartile aspectes of Saturne and Mars, or when anye planet is euill aspected vnto an other, or when the mone is in the signe of Leo, or in the day of the chaunge or full, except great necessitye require it.

Moreover I would wissh no incision to be made about the full of the mone, where after any great flure of blood may be feared to ensue, though the signe be neuer so meete, but rather let it be done in the wane of the mone.

As touching the stone ruptures, dropfies, to be holpen by the way of incision, I haue rather mentioned them in this place because that the rude and ignorant Chirurgian, may be brought to the true practise and knowledge hereof. I doubt not but to make many partakers of the benefit thereof, whose good intent I woulde wishe either to followe in those attempts, and so to vse it as an utter refuge, when other meanes will take no place in that case, it being a most assured remedye for the true and due obseruations of letting of blood, right well allowed and practised at all times.

Rules also for purging.

ALSO it is good to take purgations when the moone is in Cancer, Scorpio, and Pisces, to giue pylls, especially when the moone is in Pisces, purge by drinks, eleuaries, bolus, when the moone is eyther in Cancer or Scorpio, remember that you purge not in the change, nor in any vnfortunate aspect of the planettes vnto any other, neithr in the extreame heate or colde of the yeare.

Knowe if anye man would knowe what commoditie purging or bleeding bringeth being rightly vsed, and done in such sort as it ought to be done, or what dret and exercise should be vsed after bleeding, and order obserued in purging, with the inconuenience and harme which may and doth daily procede of the negligence and vnskillfullnes in the contempt of the same.

For all diseases through the body
and for all agues.

TAke purslayne, gentyll, Bursa pastoris, and stampe them all together, and doe thereto vineger, and bind it to the pulses of of his armes.

Also take the powder of cloues and pepper, a like quantity, and pate fasting at one time as much as will lye vpon a fire pence, &

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Drinke

and drinke not one hower after.

Also let the party so greued with the ague, take halfe a pinte of his owne water, and a penyworth of pepper brused, and put therein, and let the party so greued drinke thereof all one hower before that the fit doth come vpon him, and lette him lye downe and sweate as much as he may.

An other so: the ague.

Take a pottell of thinne ale, and put thereto a handfull of persely, as much red fennell, as much centory, as much pimprnell, and let the ale be halfe consumed away, and then take and drinke thereof.

Also take iii. burr rootes, and washe them, and straine them, and leeth them with half a pint of ale, and so drinke thereof luke warme before the fit doth come.

Also take endiue, solothysell, bandedyon, lettice, sorrel, of ech of them alike much, and still them all together, & giue it to the party so greued, it is very good against the ague.

An other experimentel of the ague.

Take 4. handfulls of groundswelly, and stampe it small in a mortar, and put therto three spoonefull of vineger and three spoonefull of bay salte, grinde them all together, then put them in a peuter dishe, and set them on a chafindishe of coles, & stirre them together till the liquoz is almoste drye, then laye it to the wickes as hot as the patient can suffer it euery time an hower before the fitte doth come.

For the ague an other medicine.

Take a handfull of red sage, and a handfull of red nettles, and a handfull of herbe grasse, and two spoonefulls of baye salte, and a spoonefull of stronge bynneger, and a piere of leened bycade, and lette all these be well beate together, and binde it to the pounces of your wyes, so that the fitte doth come, and

and it shall helpe you by the power of god: proued.

For the hot ague a remedy.

Take the iuyce of sengrene, and the whytes of 4. eggs, and faire flower of wheate, and meddle it wel together, & make thereof a plaister, & laye it to the patientes sydes, then take the water of bettony, the water of pimpernell, scabions water, water of turmentil, the water of radish, of eche of these a like much, and meddle all these together, and giue the patient to drinke al hot befoze that his sitt doth come.

An other for the same proued,

Take a pinte of the iuyce of sorrell, and put it into a potte of milke, when it beginnethe to seeth vpon the fyre, then take it of the fyre, and let it stande, and it will haue a curde like a possiet curde, and take the curde of, & let the patient drinke thereof as hot as he maye suffer it.

Also take a handfull of smalladg, a handfull of Bursa pastoris, and so much whyte frankensence as will couer 2 s. at thysse, as much kay salte, and brye them in a morter, and so laye them vpon a thinne cloth to the wryeste, and about the arme at night when you go to bed, 1. or 2. houres befoze that your syt doth come vpon you.

For the burning ague.

Take a handfull of smalladg, a handfull of fetherfellewe, a handfull of red sage, and stampe them altogether, and take 3. or 4. spoonesfulls of their owne water, and as much vineger, and boyle them all together on the fyre a litle whyle, and take a quantyty of the same herbes, and wringing the the licour out of them, lay them vpon a cloth, and binde it hot vpon your temples, and not vpon your forehead, then take the rest, and binde it to y partys wryestes as hot as he may suffer it, befoze that y sitt cometh, and within 3. times dressing he shall finde greate ease, and be helpea of his ague.

For the burning ague.

Take a pottell of water, with halfe a pinte of vineger, tane endiue, suck:ry, biolef leanes, v. leasd grasse, and strawberry leanes, of eche of them a quantity, and seeth them to a quart, and put thereto halfe a pounce of suger, and drinke thereof morning and evening.

For the quartaine ague a medicine.

Take ribwort, bete rootes, and leanes to the quantyty of .3. or 4. handfull, washe the herbes cleane, then stampe them in a wooden dish, with a wooden pestell, and straine the iuyce fro the herbes, and drinke it milke warme, and this taketh a waye the humors of the stomacke, and from the harte, and within v. or vi. times vsing it cureth and helpeth the sicke party so greued with the ague: p:oued.

For the ague coming of colde.

Take v. cropps of rosemary, and v. cropps of sage, and v. cropps of marygolds, and ix. bay leanes, and a quart of strong ale, and seeth all these together well, and drinke it with pepper being warme and vse it.

For fener agues in children.

Take the powder of chrisfall, and laye it in soke in wine, and glue it the child to drinke, and the suckinge child shall bee whole.

Also take Morfus biaboly the roote and the herbe, and hange it about the necke of the child.

For all maner of aches
a lye cloth.

End

The path way to health.

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Take iware, turpentine, rosin, hard pitch, bores greafe, pou-
der of cempri, powder of bays, frankensence, ople de vte de
popilion, and take all these things save the powder, and set it
over the fyre, and stirre it fast till it be molten, and set it downe
and skym it not and straine it not at all, stirre it faste till it bee
nye colde, and then strawe in thy powder with thy hande as thou
woldest strawe flower in to a childes p appe and when it is all
in and well ny colde, spreade it with a slyce upon a peace of
lether, and when it is spreade upon the lether, take a newe linc-
nen cloth, and laye it upon, and couch it faste, and at your needs
ble it.

For a colde and ache of the limmes.

Take a handfull of suger, a handfull of endive, a handfull of the
red flowers of archangell, and a quantity of dandelion, and
saith the same in motten and eate the motten, and the broth do
drinke, and you shal finde ease.

Another for the same.

Take a handfull of balme, a handfull of rosemary, a hand-
full of mallowes, a handfull of smalladg, a handfull of wall
flowers, and al manner of sweete herbes that ye can fynde,
and seeth them in a tankerd of water with halfe a pecke
of wheaten bzanne, and when it is sodden straine the herbes
thorough a cloth as you would do a bocke, and set it on the fyre,
and with other water straine it, and so bath you, and sweate,
and you shalbe whole Godwilling.

For aking of the toportes.

Take marche, mallowes, and sweete milke, linseedes, powder
of cempri, the whytes of eggs, saffron, and an whyte greafe
and frye all these together, and laye it to the aking of the
toportes, this hath bene prynced.

For

For a ache in any place an ointment:

Take and chafe a sterc till be skimmer, then take that dong and sepe it with shepes seuet, or else with salet oyle, and it will come to a fyne ointment, and then annoynt the place there with: proved.

Also take the oyle of mace, & annoynt the ache with all, it will helpe you.

For ache in bone of toymre.

Take a pricked harts kynne, flouer of brasse him, and cut it in small peces, bones, fleshe and all, take that and wash it cleane that no bloud be therein, then take cleane water, and set it ouer the fyre, and as it seethes skymme away the fatt, & saue it, and let it seeth till that no fatt will come of him, and then cast a wyse the fleshe, and put in a bore, & annoynt the grieve wher the ache is, and he shall be whole, and do this 3. or 4. times.

A medicine for all aches.

Take halfe a pinte of woll oyle, a quarter of a pinte of neates foote oyle, and halfe a pounce barrowes greafe, firste set the barrowes greafe vpon the fyre, and skymme it cleane, put in your neates foote oyle, & beate them all 3. together being on the fire, then skymme it cleane, and put in your wolfe oyle, and beat them all together, then boyle them together, and take them of the fire, and vse it at your neade.

A medicine for all aches in the bones,

Take the gall of an ore, and set it on the fyre, and seeth it, and skymme it till it bee very cleane, and putt it into a glasse, and stoppe it close, then take neates foote oyle, and gather it very fine, and put it into a glasse also and stoppe it close, then take Aqua vita in an other glasse, and stoppe it close then take of the oyle, and waters aforesayde of eche euen portio-
nes

And, and two times so much portion of the Aqua vita, and put them together in one vessell, so warme it, and annoynte your griefe, and it shall helpe you God willing.

Another medicine for an ache.

Take swanns grease, goose grease, hennes or rapons grease, of eche of these a quanty, but the more of swanns grease, then of all the rest, and when they are mingled together, then take a pinte of malmesye, and a handfull of lavender spike, rosemary as much, and let your malmesye seeth till it be all moiste waiked, and then put all together with a litle boyes grease, and so boyle them, and use them for your ache, and it shall ease you.

For him that is lame by the hip.

Take a trasse, and trusse the partye to straight as he can. Also take the iuyce of madder, the iuyce of red nettells, the iuyce of hempe, the iuyce of bugle, the iuyce of camphrye, the iuyce of catwile, of ech of these two saucerfulls, of hyope foure saucerfulls, of hony thre saucerfulls, boyle them all together, and skymme them well, and then take it downe, and drinke thereof daylye fyfte and laste, fyve spoonfulls at once, for the space of .14. dayes.

A plaister for a man that is broken.

Take of bugle, of catwile, of eche alike much, stampe the small, with a litle of the haire of a hares skynne, then take an unce of iware, and melte it with a spoonfull of butter, and put to your bugle and catwile, and the haire, and stampe it with a litle Bole armoniacke, and frye them all together, and stirre it, and make thereof a plaister, and lay it on a pece of lether, & lay it straight upon the place of your sore, and so lasee it .10. or .12. dayes, and so giuen the space of .14. dayes.

For a man that is well nye broken, by a wheel and to heale him.

For to make vii. pellets in this manner, take the roote of Polipodia, and the roote of betony, the toppes and roote of basilys of euery one an vnce, and make powder thereof, then take Bole armoniacke an vnce and a halfe, of hony clarified an vnce these make a plaster, and if it be too thyn put more powder thereto, and if it be to thicke, put thereto more hony, and take a little it and make the pellets to cresch, as many as ye may make therof, then take more of the roote of Polipodia, and the roote of betony, and the toppes and rootes of basilys, of echs 2. vnces, and ynnke them as ye do greene sauce, and put that iuyce into a quartre or more of ale that is clere, and boyle it to a pinte, and strain it through a clothe, then boyle it againe with sugar three penyworth, and when the sugar is molte, then put it in a glasse and euery daye eat a pellette thereof morninge and eueninge laste, and drinke at euery tyme the quanty of three sponefull of your drinke in the glasse, then if your drinke be done, you must make more, but you must understande that the sicke man must be bright of dayes, and that he be bounde wisely and firre, and that he eate luscious meates for straining of the humours, and it shall heale him mightilye and cure wound.

by euen portions, and melte all together, and make a plaister thereof and laye it to the bone, that is so broke, and every tyme renewe it, thereto. Item take daylye, and camphrye, and egrimony, and temper them with binyeger, and laye them thereto, and it shall helpe them so greued.

For the bone ache and to take it awaye.

Take sperewoite, oliues, crabsote, herbe Christopher, wallwoite, yerbane, hony suckle flowers, calage, rosemary, mallows, red woite leanes, red onions, gridwoite, still all them by them selues, and after meddle together all save the sperewoite, which must be meddled with halfe a parte of the other waters, meddle them befoze the fyre with your hande and annoynt the place therewith often times.

To knitt a broken bone.

Take auncie, camphreye, egrimony, and temper them with binyeger, and lay it to the bone. Also take daylis, the cropps of hempe, and red coles, and red nettles, bzamble leanes, southerne wood, tansye, pimpernell, betony, buglosse, madder wash them and beate them small and dzinke the iuyce thereof, both moynng and evening.

For all maner of bones that ake.

Take a pinte of whyte wyne, and the gall of an ore, boyle them well, and skym them cleare, then take crommes of white bzead, and do it thereto, & make thereof a plaister, & lay it to the grieve 4 or 5. times and it shall helpe them.

For broken bones.

Take creylant that is burunt, and grynde it to powder, & put thereto þ iuyce of basies, & the iuyce of caphyre, & strawe on the powder till it be thicke, and lay it to plaister wise, and þ broken bone shall knytt very shortlye.

To make an oymment for burning of gonne powder,
or for scaling with water.

R.ii.

Take

Take a quart of bores grease, and 2. handfulls of groundswell, and 2. or 3. heades of houleleeke, and stampe the herbes together, & then put to it of newe sheepes donge two handfulls, and as much of goose donge, and stampe all together, and frye them, and being hot straine them through a cloth into an earthen pot, and with the licoure annoynt the soze that is burnt with the gunpowder.

To take away a breate of burning with gunpowder.

Take a good quantity of honsleeke, stampe it and loyng one the iuyce, take the whyte of vi. egges, and beate them in a dishe till they be thirne, and then take of the scum, and put the rest together, and wash the sozes with a linnen cloth, & lay a wet cloth on y^e soze.

A remedy for burning or scalding of any hurts with an hand gun.

Take the donge of geese of one nightes making, and freshe butter unsalted, or else clarified sheepes selwet, and frye them in a frying panne a good while, untill your selwet be almost consumed, then put them in a course linnen cloth, & straine them into a small vessell, then take a fether and dippe it in the licoure, and annoynt the place so burned or scalded, and when you haue so done, wet a fine linen cloth in the said licour, and couer the soze withal, and do this twise or thre a daye.

For burning or scalding.

Take halfe a pounce of sheepes selwet, & as much of the crinbells of sheepes donge, and a quarter of a pounce of the inner ryndes of the ellerne tree, & frye all them together, & drawe it through a cloth into a pewter dishe, & it will be fast, chafe it againe the soze.

For burning a me disire poud.

Take the whyte of hennas dong, and of sheepes dong, of groundswell, of honsleeke, sheepes selwet, and boyle them all together.

gether, and straine them, and so annoynte the soze burning, and take a rose campion leafe, and lay it alofte of it, and then a thio cloth, and it shall helpe it

For burning a remedy.

Take bores grease, and put it into a frying panne, and lozing out the grease reseruinge the seiwet, then take not fullpe half so muche rape oyle, and put it thereto with two or three spoonefulls of cleare vinegar and water, labouring them alltogether, and so reserue it to your vse, and stoppe it close till time of nede, and this shall helpe the.

For burning with fire.

Take blacke vernishe, and all to anointe the place with a feather, and it will stay the heate, and heale it as faire as euer it was, and vse it till you be whole.

For burning and scaldings.

Take a good handful of auence, and as much of sheeps dunge, and so frye them in maye butter, and streyne yt, and anoint the place with the same colde twice a daye, and annoynte it first with graye or blacks sope, and yt will helpe the, the oymments muste bee spreade vpon a flaxen clothe if you canne gette yt.

Also take oyle olive, and beate it with water till it waxe very white, and anoint the soze place.

Also take snowe water, and that will asswage the heate, and then take the white of an egge, & clippe the heare of a connyes skin, & dippe it in the white of the egge, and lay it to the burnt place, & it will heale it, and it will cause the skinne to be moze sayper then all the other: yroued.

For all burnes a medicine.

Take

Take planten, oppen, camphyr, hollyhock, and flower, & make a plaister, and lay it to the soe.

Also take the groundes of ale o: beare, and wheat branne, and chickeweed, and lay it to the grieve thre o: foure times a day, vpon a redde clote not too thynne

For a bryse.

Take pitch, and rozen, and wrought ware, and boies greafe, o: swines greafe, of eche a like mach, and boyle all these together in a panne, tyll it come to a salve, and then strike it vpon a linnen cloth, and lay it to the bryse, and let it lye 4. o: 5. daies thereto, and you shall find great ease.

An other medicine for a bryse.

Take halfe a pound of shepes seiwet cleane tryed, & as much untwought ware, 2. buces of rozen, and a spoonfull of frankensence in fine powder, and well searced, then boile them all together, and skimme it cleane with a sether, and when it is boyled, take it from the fire, and when it is halfe cold, then wet o: dippe a linnen cloth in the same, so that euery part be throughe wet, and lay it abroad till it be throughe colde, and rolle it vp, and it may be kept all the yeare, and vse it as neede shall require, for this is a pretious seare cloth for all maner of ache o: bryzes: proued.

Also take mallowes, smalladge, bynse wort, planten. the more of smalladge, & temper it with shepes seiwet, & make this salve in maye, and you maye keepe it all the yeare after, and vse it as your iache doth require.

For all maner of botches.

Against botches. medle this herbe Timbalaria with shepes donge, and lay it thereto plaisterwise, and it shall ripen the botch quickly.

Also to ripe botches, consecrate sine o: fire brammes of Electrium with

with barley meale, and the white of an egge, and laye it to the botche.

For to heale the botche,

Take bꝛamble leanes, elder leanes, & muſſerd ſide, & ſtampe them all together, and then take of yt, and make a playſter thereof, and laye it to the ſore, and yt will drawe out all the be-nyne.

Alſo take one ſponefull of honye, the iuice of ſpurge, ii. ſponesfulles and a halfe, of wheaten flower a good quantitee, and one ſponefull of Turpentine, and temper all theſe together, and lay yt to the botche, and it helpeth.

For byting of a ſerpente.

Againſt bytinge of a Serpente or venemous beaſte, take ʒ. drammes of the powder of egꝛimonye, with two meaſures of wine, that are called Ciates, and yt will caſte out the venim.

Alſo take centory, and ſtampe it with his owne water, & geue the ſicke to drinke, it is as good for beaſt as man, for the biring of an adder.

Alſo beare bernayne about the, & the ſerpent ſhall not hurt the.

An order for the biring of a ſerpent.

Take and ſet 2. or 3. handfull of bernayne, and waſh ʒ place therewith, and ſtampe the leanes and lay thereto, and it will abate the ſwelling thereof, and braye this herbe bernayne with hony, and lay it often theteto, and it will reſounder and heale it faire againe.

Alſo the iuice of ringſpole being dronk, putteth out all venim, ſo doth the iuice of plantaine.

For the biring of a madde Dogge.

Take

The pathway to health.

Take of the sacle of bore, and stampe it, & temper it with water, and giue it to the party so greued.

Also take sauerye, and temper it with bread, and lay yt thereto.

Also stampe longe plantaine, and laye it to the greued place: proued.

Also take wallnuttess, and stampe them with salte and an onyon, they be good for the biting of a madde dogge beinge layed thereto.

Also betwixe that is graine being layde thereto, it helpeth the biting of a madde dogge.

For biting of venemous beastes

Take garlicke and brye it, and lay it to the place so bitten.

Also if garlicke be eaten, it putteth forth the venym in the bodye.

Also take the powder of Aristologia rotunda, with the iuice of mintes.

Also if the roote of hyssop be brysed and laid thereto, it healeth the biting of venemous beastes.

For a man or woman that is
in a consumption,

Take a brasie pot, and fill it with water, and set on the fyre, and put a great earthen pot within that pot, and then put in these parcels following.

Take a cocke and pull him alyue, then flea of his skynne, then beate him in peeces, take dates a pound, and slyt out the stones and lay a layer ouer ouer them in the bottome of the pot, & then lay a piece of the cocke, and vpon that some more of the dates, then take succery, cubine, and persely rootes, and so euery layer one vpon an other, and put in fine golde, and some pearle, and couer the pot as close as may be with coure dowe, and so lette him distille a good while, and so reserue it to your vse, till such time as you haue neede thereof.

The pathway to health.

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For a weak person in a consumption.

Take a quart of red rosewater, and a pottell of the strappings of the milke of a cowe, ii. lb. of fine manchetts, the yolkes of 30. egges. halfe a li. of reysins of the sunne, cinamon i. lb. once, nutmeggs one lb. once, mace halfe an lb. once, cloves a-quarter of an lb. once, of long pepper halfe an lb. once, your breade muste be fyne grated, and your reysins stoned, and your dates scraped, and all your other spices beaten all together, then put in your egges and mylke so stirred together, and then lasse of all your rosewater, an so bestil yt in a limbeck of glasse, and so reserve it to your vse, and as neede requireth to use it.

For to restore health in a consumption.

Take a handfull of yarrowe, and stampe it, and straine yt into a distle, and put thereto the yolke of an egge, and a litle suger fyne beaten, and with this iuyce heat like warme temper therewith as much of wheate flower as wil make paste, then the paste beinge well wroughte, make thereof little cakes, as bigge and as thicke as an olde testozne, and bake them vpon a little sharbe, and bringe baked, let the patiente eat one of the cakes euery day three times, or as muche as hee or she canne eat, and by the providence, of God, yt shall make them stronge and mightye, this hath bene proued.

For a consumption in the reynes.

Take clare leaues, and pycke them, and frye them with fve or thre yolkes of egges, and put thereto saffron dyed vpon a stone, and grynde it small, and put all together, and fry them with freche butter, and eat it warme nexte your harte, and yt shall helpe you god willing.

R.

R. 2

For one that is in a consumption.

Take a great number of young nettles that springeth at þe roote; and washe them cleane, and stampe them, and strayne them til you haue a pinte of the iuice thereof, then put them in a faire skillett, and set it ouer the fire, and let it sutch till it be some what red, then take it from þe fire, & put thereto a quart of malme-sey and beate them together a good space, then take the yolks of 6. newe laid egges, and then beate them together, then beate it againe, and put thereto as much suger as will make it swete, then let the party so greued take euery night and moyning a reasonable draught thereof bloud warme, and by the grace of god it shall ease the party so greued shortly.

Es helps to restore him that is in a consumption.

Take a rocke neither fatte nor leane, and wringe his necke, and hange him vp by the legges, and let him beate himselfe to deathe, and being colde flea him, and take out the bowells, & cut of his necke and legges, and see that his body within be well dreyed with a clothe, and quarter him, and as foure stilles stille þe quarters beinge firke well backed and chopped, and the water that shall come out of the rocke, being stilled, you muste giue to the patiente in his brothes or drinckes beinge bloud warme, and within short tyme by Gods grace, it will restore her or him, the no; he maye not drinke in all the tyme, no; eate any meates or brothes dyessed with hot spices, no; with sharpe sauces.

A noble restorative and electuare for a man
that is wasted or consumed, called
the electuare of life, practi-
sed by M. Balthazar.

Take 2. pounds of dates, and wash them cleane in ale or beere, then cut them, and take out the stones, and the white thins;

and cut them small, and bray them vorse small and fine till they be as tough as ware, then take a quart of clarified hony, & cast the dates therein till they be dissolued, then take half an vnce of longe pepper, as much of mace, and clones, and nutmegs, beaten in fine powder, then seth the dates and hony ouer a soft fire, then cast on the powder by litle and litle, and stirre it faste, & let it seth longe till it ware thicke, then let it to coole. and put it in clothe bores, and eate thereof first and laste. and it shall resloze a man be he neuer so weake or towe broughte, vse this sometimes vpon a full stomacke and you shall not surfet, proued by M. Balizer Chirurgical.

An electuary molle souveraigne for all maner
of diseases in the body, proued
per G.R.

Take 4. li. of suger, and boyle it in a pint and a halfe of maltmely, and put thereto a pinte of rose water, a pint and a half of white wine, halfe a pint of Aqua vitæ, and of running water a pint, boyle all these together, and when it is well sodden, take the powder of Enula campana an vnce and a halfe, of the powder of ginger halfe an vnce of Calamus aromaticus and licoris, of ech halfe an vnce, pepper 3. ℥. waight, a lb. of alisander sedes in powder sire pence weight, of consens of roses and violettess, of ech foure vnces, boyle all these to a measurable thickenes, then put thereto of folliater golde, and all to cut yt with a knife, and mingle yt with the aforesaid electuarpe, and vse it as your neede requirerth, and it shall helpe.

A resloze for the weake and feble.

Take a pinte of running water, and heate it ouer the fire, & put in a handfull of rosemarpe, let it boyle to the halfe, and then straine it, then take a pinte of white wine, or claret wine, and a good piece of suger, and powder of ginger, and sinamon, a litle mace and clones, and put them all together, then lay sopps

in a disse; and poure thereon the bath, and giue it to the sick & feeble persons fasting in the morning: proued.

For a consumption proued.

TTake halfe an ounce of Manus christi, and an ounce of white sugar candye, and a penyworth of annysades, and halfe a pinte of redde rose water, a pinte of muscabeil; four new laid egges, a quarter of nutmegs, halfe a quarter of capper dates, and ston your dates, and washe them before that you decrept them in, and boyle them all together, and so vse them, for this hath bene proued.

A Ielly proued for a consumption.

TTake a well fleshed capon, and scalde him, and drewe him, & put into his belly a handfull of harly, as much reysens, currons, and dates, and put him in an earthen pot with a gallon of claret wine, then put therein some sinamon and ginger, let yt sit sixty till the fleshe be fallen from the bones, then beate him in a mortar, and put him into an Iperas bagge, and lette the iellye runne into a faire vessell, and giue the patiente of that iellye euening and morning, and within the spending of thre capons by the grace of God, the patient shall recouer much his health, and to comfote his stomacke, giue him Rosax aromaticum made in bolinges at the potycaries.

A present remedy for the Sciatica.

TTake a handfull of violet leaues and washe them in good ale, then take an other pint of good ale and sett it on the fire in a skillett, and then beate the violet leaues very small and so boyle them in the ale, and then when it is halfe boyled take out the leaues and straine the iuice into the fo:clayde ale againe, and boyle yt verie well untill that it be verie thicke, and then take a piece of shayes lether, as broad as the place which is greued, and pycke it full of holes, and spreade the same on the roughte

Use of the lither, and live it to the place till honres, and then
change it, and lay it to netre, and so use it for 3. or 4. dayes and
you shall be well, the oftener the better.

To make a water for the sciatica.

Take a peece of porke of a male hogge, which is leane, and
perboyle it in water untill the bloud be cleane out, the boile
it in strong ale a good while, and after that take it and distill
it with a soft feze, and then kepe the water, and wash the pla-
ces so greued 2. or 3. times against the feze.

For a sciatica an other medicine.

Take an ore gall, and red allam, rosemary topps, bay salte,
Aqua vita and vineger, and braye them well together, and
set them on the feze, and alwayes stirre it, but let it not scethe,
and so use it as neede requireth.
Also take auence, comyn, and as much whyte salte, a handfull of
red nettles, and seeth them in pisse, and when they be well boi-
led put thereto Aqua vita, and annoynt well the soze there with
three or four times et sana.

Medicine for the sciatica.

Take lime, lavender cotton & rummages or out laces of straw
beries, of ech a like quantity, a nestle or two of yong swal-
lowes a live fethers and all the gutts, and stampe them verie
small, and so frye them in may butter, that is fine, and new,
boyle them on the feze, then straine it through a cloth, and put it
into an earthen pott, and so use it at your pleasure.

For the crampe.

The crampe that cometh most of contractions, of nerves or
else of cometh of to much fullnes of the body, or to much lean-
nes and more wet in the paffe the members be more to be
be they should be by refection, in the crampe of the members be
they should be by refection.

then they should be by thinking of the nerves, but the crampe that cometh of wasting, is seldom cured, if the paine be greate, and with all ease it with oyle of rosis, or of camemile hot, and of yolkes of egges and saffron together, and wet bread in swete hot milke, for this ceaseth the aking of the nerves.

Also make a garter of an bares thins, but the liner is sayde to bee full good for the crampe: pious.

For the crampe a remedy.

Take oyle of camemyle, fenekreke, and annopits the place.

Also seeth herbes betony, wormewood, bernaine, and time, are exceeding good for to washe the party so troubled, with the crampe, make it in a bath.

Also saye these wordes, when the crampe cometh upon man or woman three tymes, Bero, baro, bartora.

To hold and a little while it shall be gone.

To make one for to haue a good coullor.

Ylike and drinke the iurce of Slope fasting, warme it, and it maketh one for to haue a good coullor, and it is good for the sight, it destroyeth wormes, it is also good for the stomacke the lyuer and the longes.

To make one for to haue a good coullor.

For the canker a remedy.

Take the lentills of the water which be called froggs fleete, or rincts weate, it is of greate vertue if it be stamped, and the iurce medled with popes grease, and lay it plaister wise on the canker, it cleaseth and healeth mightely.

To make one for to haue a good coullor.

For the canker in what place it be.

Take as much allam as a nutt, halfe a glass full of hony, and a pint of red wyne, and seeth them together till it do come to the third parte, then straine it throug a cloth, and washe the sores

heres therewith.

Also take a handfull of vnset leekes with the rootes, and a small quantity of parrotwee a r. o. r. branches thereof, and boile them in whyte wyne untill they be all very losse, and then straine them, and clarifie them, and let the patient drinke oset morning and euening blood warme.

For to clea the canker within a mans body,

Take the roote of dragons, and breake it in small peces, and dreye it, and make it in powder, and take it. i. waight of the powder, and put it in wine, and seeth it well, and then let the sicke drinke thereof warme fasting for 3. dayes.

Also take 2. handfulls of sage, and as much woodbryd leaues, with the rootes of a wilde vine, this being stamped and strayed, take a litle hony with a peace of allam being warmed, and wash the sore place, where the canker is.

For the canker an other remedy.

Take chissall, and make it in fine pouer, and the powder of hartes hony burnt with as much of the rinde of a pouns granet, and the iuyce of nightshade, and giue all these to the party eyther man o. woman o. childe: p.oured.

For the collicke and the stone.

Take a handfull of sapifrage, a handfull of pellitory of the wall, a handfull of vnset sloe, a handfull of vnset time, and seeth all these herbes together with a quarte of malmesye, to a pinte, and the powder of whole egge shells, and as much powder of batell nutte shells, when you haue put the licour from the herbes, then put in the powder, and warme it, and giue it to the patient to drinke.

For the collicke a remedy.

Take

Take whete time, persler, and hulse them, and staine them with stale ale, and set it to the fyre, and make it warne, and put thereto a good quanty of graines, and so drinke it. Also take broome feede that is greene, and gine it to the partye to drinke being dried, and made in powder, and when the paine is upon him vse it.

A medicine for the collicke.

Take a pinte of sallit oyle, halfe a handfull of whete taske, & seth them, then dippe in 3. handfulls of blacke shepes woll, and binde the same from the nauell to the bottome of your bellye, as warms as you can suffer it.

For the collica passio.

Take the roote of quinsfoyle, and long pepper, and grinde to small in powder, and drinke it in good ale. Also take time and saffron, stampe them together, and put thereto a litle goore ale, and staine it through a cloth, and then gine it to the patient to drinke, and it shall ease him furthwith. Also make a plaister of the herbe Philopendula being sodden with the aforesaid herbes.

For the collica passio.

Take the crowns of cleane wheaten breade, and whete benger, and the powder of comin, & boileal them together, & make a plaister thereof, & as hot as the sick may suffer it laye it nere to the bellye, and he shall soone be eased of his paine. Also take turmentile, & treacle de haies, and ease it, and drinke of the water of ellerne flowers stilled. Also take unset leaxes, and cut away the faces & al, then take whete of the lecke, and beate it final with may butter, and frye it and lay it very hot to the nauell being bounde with a cloth.

For the collicke and the stone.

Take the greene pithe of any other stane that is beewene the
baire

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and the stroke, and stampe it small, and drinke it with good stale ale, and it shall breake wynd.

For a man that is colike.

Take mallowes, mercury, and leech them to porche,, & make thereof pottage, and let the party eat therof, & drinke wheate and it shall make him tollible. Also take the iuyce of wallwoyte, and medle it with honny, and drinke it.

For the dysple proued.

Take 2. pound of sage riall, and 2. pound of water carlen, & 2. pound of Flope, take these herbes and bray them in a mortar, and wyng out the iuyce thercof, and then take wheate flower, & blenoe it with the iuyce, and make a losse thereof, and bake it in an oven, & al hot breake him into 2. or 3. gallons of good stale ale, and let there be noe dreggs therein, and so let it stande all night, and stoppe it close, and let the sick drinke thereof at all times, & he shall be whole. Also take bozrage, and lungeobette, and perselye, and scabies, and of water cresles as much as of the other herbes handfull, and smerewoite, and vse this pottage to that drinke, and he shall be whole

An other for the dysple proued.

Take 4. penny waight of scamony, and 2. penny waighte of retubarbe, and 6. penny waight of scene, and a v. waight of fetwell, and a peny waight of spignard, and a v. waight of powder of rammeuile, and an ounce of suger, and braye al these spices in a mortar of brass, and meddle therewith the suger, and the let the sick vse this medicine 3. daies fasting, a good spoonfull at once, & it will make him soe to haue a good stomacke, and do awaie all euils.

For the dysple if it be curable or no.

Take barley meale, and the iuyce of spinage, & of marrygo'des, and make thereof a plaister, & lay it 3. times, vnto a mans legges, & if the plaister dye soone he is curable & if he dye not he is

is incurable.

For the dropsie an other moue.

Take a handfull of the tender cropps of broume, and stampe them, and straine them in a quarte of stale ale, and boyle it till it be halfe wasted, put theret some sinamon, and ginger, and let the patient by right in a chaire, so that his feete touch not the ground by two foote and a halfe, then put vnder his feete a pan of coles, and lay ouerthwarte the panne a paire of tongues, or two, and lay thereon grene broume, and let him set the soles of his fete, theron, and giue him of the drinke bloud warme, & so let him Sweetewell when he goeth to bedd.

For a dormitory.

Take a quarter of a pounce of almonds blended, and halfe a pound of hempseede 3. times washed in cleane water, and 6. dates, and stampe them all together, and put thereto to good stale ale, and take an ounce and a halfe of poppie, seede brused, and let it lye in ale, 3. or 4. howers, and then seeth them together, and straine them, and giue the sicke to eate of it in arme, and it shall mae him sleepe by Gods grace.

To make a hyle from one place to another.

Take Oculus christi, bernaine, and make a plaister of them, & let it lye from the hyle 2. fingers broade, and when it hath lye a good whyle, renewe it, and do so till to that place that you would haue it, and there let it breake.

To draw out arrowes out of a mans body.

Take polipodion, and grinde it with fresh grease, that is olde, & bynde there vpon, and anone it shall passe out be it arrowe or thorne or any other euill thinge.

Also for an arrowe head in a mans flesh, take red spere roote, & temper it, and seeth it with hony, and then lay it on a cloth, & lay it:

it to the wounde, and it shall drawe it out by the grace of God quicklpe.

For a darte in a mans body.

TAke a woyme that is called piacher, it is as greate as a bearte and is cleane blewe, or sencer, and it hath many small secte. and whyte under the belye, and when a man toucheth it it will be as round as a buttyn, take the woyme, and rubbe it well against the darte that it be all broken, and do this every day thre or 4. times and at every time rubbe 3. or 4. woymes.

For all maner of falling euills.

TAke the blood of his litte finger that is sicke, and write these 3. verses following, and hange it about his necke, I as per fert mirram, thus melchior balthazar aurum, hec quicum secum portat tria nomina regum, soluit a morbo, domini pietas te caduca, and it shall helpe the party so greued.

For the falling euill.

TAke the poudre of osmonde, and the roote of pyllay, and take the poudre of moztogan, and drinke all these with stale ale, and let them say their prayers, and as soone as the party falleth dolone, take the gall of a dogg, and giue the sicke to drinke with good ale that is stale, and by gods grace he shall neuer haue the falling euill any moze: p:oued.

For to cure the falling euill in 4. dayes.

TAke swallows, and beate them fetters gutts, and all castorey, bingeger, and some Iermander distilled, first in water and some Cardus benedictus water, and then still all and giue the sicke for to drinke thereof. Also take the roote of piony, & make it in poudre, and put it into pappe for a child, and let him or them lick it with a litle suger, and they that be of age may eate it more quantity thereof. Also the blacke seede of piony is good therefore

For the falling cuill.

The syeling of go'd being taken in meate and drinke is good against that cuill, and if the patients backe be annoynted with the oyle of Iuypper, in the very spine, and so is a dram of castoreum very good therefore.

Also take the powder of Gentiana, with the iuyce of wilde sage, is good for the falling cuill.

The manner and bit to be obserued and kept in the time of curing of a fistula.

First you must search the vicer with your sente, to knowe the depth, & the length thereof, that you may knowe of what size to make your sente, and annoynt the soze onely with Populion and your sent also, and dippe the ende thereof in the powder following for 3 dayes, once a daye dress it with your powder, & after 2 dayes with nothing but Populion to remove the axer, and thus enlarge your sent till y^e knowe be knowne unto you, so long as it casteth a blocke, maulter goze, stinking, or bloody water, til v^e your powder until it come grosse, thicke, and whyte, and then applye mundifiers or clenfers, and the vicer clenfed then v^e incarnations as the grene balme before written, and other that followe, alwayes rather thozfening your sente, and making of it lesse til you be assured of the victorie for sigilation, sealinge, or stinking of y^e water that here after that followe termed the mother and the congeleur.

The powder for the fistula.

Take 2. unces of grene copperas, and burne it in a goldsmiths p^{ce} called a crucible, Marconi sublimati an ounce, grynde them small on a marble stone, till that it be v. ry fine powder, and v^e it when neede requireth.

A dysening water for the fistula.

The stronge binder y^e is whyte, for that is best, a quart of it.

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large of golde finely beaten, and finely searced a pounce, mingle them together, and let them infuse in a glasse three or foure dayes, stirring them together twice in a daye, then let it settle a day, and take the cleared thereof, and put it into a bioll or glasse, and so you haue the mother.

The congelour in a fistula.

Take faire water a pinte, salt genné 2. ounces, common salte a good spoonfull, boyle all till the saltes be dissolved, then put the clearest thereof into a glasse, and this is the congelour.

The vse of the congelour.

Take of the mother three partes, of the congelour two partes and a litle more, put them together, and it will be an ointment or a thicke cream, lay it on the place that you would haue skinned, or the creeping tetter, and it shall doe wonderouslye for the longe vlcers that lacke nothing but skinning, and it will skin in very shoyte time.

For the fistula.

If what place soener that it be, take the iuice of turmentil, & droppe it in the hole it helpeth, and so doth a tent dipped in the said iuice, and laid to the fistula.

Also take greene betonye with salte, and make a tente and put to yt, and a playster of the same will heale it beinge layed thereunto.

Also take of the powder of ropperaa with two partes of beane meale, and conser them with french sope, and shape a tent thereof, and put it into the hole of the fistula, it will cleanse in such manner, that if there be any bones corrupt or broken, that they may be taken out, and it will consume the euill moisture.

A medicine for to stoppe the fire or laye.

L.ij.

Take

Take 3. nutmegs and roste them, take of sinamon 3. ounces, 3. newe laid egges, and roste them very harde till they blowe, then take the yolke from the white, as muche of Bole armeniake as a bones egge, then beate the spires very firy, that done, take all together and beate them, then put into a quart of strong ale, stirring all these together, then straine them, and seeth the same to a pint, then giue the party so greued to drinke firske and last.

Also take alligant, & thicken it with rice flower as you would make pappe, then spread it vpon a piece of red lether as broad as your hande, and for a childe lay it beneath the nauell somewhat warme, and it helpeth.

For the fluxe of lare,

Take red rose budde, and clippe of the whities from the leaues, and dry them, and make powder of them, and giue it to the party so greued in a caldell, and at thre times drinking yt shall ease him, and if the party be weake, to make him a tansey of camphrey, planten, & archeangell, a litle at a time, as muche as an egge, you may gather these herbes in Sommer to serue in winter.

To helpe the bloody fluxe,

Take two handfull of planten leaues, and seeth them in fayre water, and let it seethe till it be sodden to the one halfe, then take the same water, & straine it through a clothe without wringing, and with that water make ryce pottage, & let the patiente eat thereof a good messe, and it will stoppe the bloody fluxe.

For the bloody fluxe a remedy

Take hen crooken, and the cropps of woodbind, & stampe them, and temper them with redde wine warme, and giue the sicke to drinke, and let him eate for 3. dayes eche daye 5. lakes with bread that is hot, and drinke no drinke but red wine warme, and
he

he shall be whole, and let the sicke haue a scoole with a sledge, & make therevnder a litle charcole fire, and let it be closed rounde about with a clothe that no ayre doe therein come: proued.

For to fret away dead flesh.

Take hens bones and burne them, and the shells of 10 egges. stampe them and make powder of them, & laye it to the dead flesh, and it will frette it away.

Also take grene coperas, and burne it, and as much burnt al-
lam, and as much verdigrease, and grinde them all together: a
good cossey proued.

To abate proud flesh.

Take hony and clarify it, and se imme it with a fetther, and
take the white of, and take a quantitie of verdigrease til it
be grent, and lay it there to.

To raise vp flesh.

Take red nettles and bray them small, and put thereto 3. or 4.
coznes of salte, and mire it with butter, and laye it to the
soze, and it will make the flesh soz to growe, and to be moze saie-
ter then euer it was before.

To take the fire out of any soze.

Take a quantity of rosewater, sallet oyle, an ore gall, houslaer,
& iuice of ech a like quantity, & so beate them all together till
that they be all one, and so annointe the place so greued, and yt
shall take away the fire.

For the goute a most precious medicine.

Take a good handfull of rewe, as muche of plantayne, and as
muche of redde sage, and stampe them as small as you canne
them.

then take halfe a pounce of blacke sope, and a pennyworth of the
treackell of yane, and medle all these together, and put them in
a close vessel, and when the paine begins to come, make there-
of a playster, and lay it thereto, and the oyle shall be ealed with-
in an hower: proued.

For the red gout

This experiment is prouided, and it is best: Take quicksilver,
by indone three parts, and two of quick siluer quenched with
fresh grease, and the iuice of earthbind, and a litle of swines gall,
and medle all together, and put it into bores, and when neede re-
quireth anoint the place, and you shall be whole.

For the gout that is bolning.

Take beane leaues sodden in water, then medle it with swines
grease, and laye it to the soze place, and it doeth away all the
bolning.

Also take a soze and make oyle thereof, and therewith anoints
the patiente.

For the gout that is in the bones

Take three tollers of rye bread, and tollie them well, and then
lay on a dishfull of garlick, and stampe them, and lay on the
goute as hot as he may suffer it.

Also wallwort sodden in wine till it be picket, and anoint the
soze with the same, is good.

Also stampe nettles and lay it vpon the gowte, it easeth well.

An ointment for the gout

Take an old fat cat, and flea it, and take away the gutts, and
bray the cat, and put it altogether into a fat ganders belly,
and put thereto halfe a pounce of pepper, musterd seade, and per-
sely seade, of ecy soure vnces, wormwood, garlick, a good quan-
tity

titze, Boke armoniake first pence weighte, and of ware fire peny weighte, then roste it, and the grease that dooppeth from it same kepe it and anointe the patiente withall, and by the grace of god the ache will go away, so being thoroughly anointed therewith, it presently helpeth him.

For the goutte a remedy.

Take a handfull of rewe, as muche canell, as muche Turpen-
tine, of redde saze, of eche of these a like much, stampe them
all as small as you can, then take halfe a pounce of blacke sope,
and medle all these together and put them in a close vessel, and
when the paine beginneth so to come, make a plaster thereof,
and lay it thereto, and the party so greued shall have ease with-
in one hower.

For the goutte in the toes.

Take the rootes of dragon, maffelon, and the root of saunceroy,
stampe them and drinke them with white wine euery day a
pottell fasting.

For the greene sickness.

Take hetsonge, hartes tongue, lyuerwort, of eche a good hand-
full, a fennell roote, wash them and bruse them & put them in
a skillett with a quart of ale, ii. spoonfulls of alexander seedes, one
spoonfull of annyseds, & 4. good stickes of licoras, let all be bru-
sed, and boyle all in the ale till the halfe be waiked, then straine
it, and make it delicious with suger, and put into it a litle ma-
ces and nutmegs, and you so drinke therof warme euening &
morning three or foure spoonfulls, and likewise when your sicke-
ness come upon you.

For the greene sickness.

Take the leues of an ashen tree, being dried & made in powder

and take of red fenell, red sage, and marierum, and bethony and seth them in running water from a pottel to a quart; then strain them, and drink thereof a good draught with suger morning and evening like warme.

For gnawing and aking in ioyntes.

Take herbe bennet, Aspes sewet, oyle olive, frye them together, then take it of the fire, and make thereof a plaister, and lay it to the soze, and it will ease you.

For hardnes in the body.

Against hardnes of the body, take a great quantity of lillie rootes, with an herbe called Brancha virgine, and the rootes of mallowes, and hollye hocke, and temper them all together in wine and oyle 12. daies, and then straine it, and in the straining put thereto yare and oyle, and make an ointment thereof, and so anoint the body that is so hard bound.

Against heate in the body.

Take and eate ribe berries, and to drinke the iuice thereof, is very good for them that hath over much heate, for it cooleth them: an eleaguare made of these berries is very good for them that is greued with over much heate in the body.

Also take the distilled water of ore bougge, is very good and profitable for the same.

A medicine for the blacke Jaundies.

Take Gentiana, long pepper, Calomus aromaticos, anence, reysons, currons, white sope of spaine, of ech of these i. ounce, and 2. sponesfulls of musterd seed, and boyle all these in a quart of wine till the third part be wasted.

Also take angell toinchip, and grind them small, but first wash them cleane as ye may, then put thereto a quantity of neat oyle, and

A quantity of mysell, drinke this medicine colde thre time, & ye shall raffe out all the sickness in your bodie presently.

Also take fennell, sage, perely, growmwell, of ech a like much, and make pottage thereof with a piece of good pork, and eate no other meat that day: proued.

For the yellowe Jaunders and greene sickness

Take of iuoype made into small powder halfe an vnce, of far-
nericke thre quarters of an vnce, of saffron the weight of a
grote, compounde all these together, and drinke of this a portio-
on morninge and euening with late ale, and for the black Jaun-
ders, first purge malancholy, and for the greene Jaunders, this
will helpe the: proued.

For the yellowe Jaunders

Take a great white onyon, and make a hole where the blade
goeth out to the bighes of a chestnutte, and then take trea-
kel of Zeng as much as will fill the hole, then take half an vnce
of engell, here being beaten, and so compounde the treakell and
saffron together, and put it into the onyon, and set them against
the fire, and rost it well that it doe not burne, & when it is ro-
sted straine it through a clo, and giue the iuice thereof to sick
thre daies together, and it shall helpe them.

Also take a red docke roffe, and scrape it, and lay it in a quart
of strong ale all night.

Also drinke the iuice of spakue, and the Chaynages of Iuoyp, and
that is berre good for the yellowe Jaunders, either for olde, or
for younge.

To repell the venim of the Jaunders.

Take of running water a ginte of endiue, of succoype, of ech
halfe a handfull, let them boyle till the halfe be wasted, then
straine it, and then put thereto of reubarbe one dramme and a
halfe, and of spignard a halfe penny weight fine beaten of suger
thre

three unces, and lette it boyle a litle, and then take it off, and let it stande close covered all night, and the next day early straine it, and give the sick to drinke fasting, and abstaine two houres afterwarde.

For the Jaundies in young children.

Take of reubarbe, of turmericke the weight of x. lb. of white suger candye as much, of spignard the weight of iij. lb. make all these in fine powder, and mixe it together, & 3. dayes together take thereof in white wine or rhenish wine.

Also take formericke, saffron a parye weight, the shaning of Juoꝝ foure pence weight, the shaning of harts horne as much, a spoonefull of the iulce of Capilli venens made into powder, and drinke it in wine, and put thereto a pety quantity of suger, and it helpeth the same.

For an impostume

A Impostume is a swellinge or aking out of kind, and it is either of a corrupt humour that must be byed out, or els of superfluitie of a humoꝝ that should nourish that limbe.

Firste there must be giuen a purgation, after that repressi-
ons a maturatiue.

The remedy.

Take holly hock, lictioꝝas, lintsed, dyce signes, lillie rotes, & Ziniper berries, seeth them long in water, after do away þe li-
coꝝas and the Ziniper berries, and bray well the other, then put thereto meale of barley, lintsede, fenigrake, and boyle all these together well, and anoint it first with fresh butter, and this re-
peth postumes within and without, and it is good in an harde &
dyce impostume though it were as hard as a stone: repercutions
to smite inward the matter again should not be used in child: en
hoꝝ in old men, neyther where matter is woodish or feruent, nor
where the water is great or much, now and then in the burning

of sickness in the nigrescens as greeneth, when the postume or
bitch cometh of nobler lim or member then it is on, then shall
be be riped there, and not taken away from destiny bread of
the better member, the which abiding of the postume, and of
the venomous matter thereof, repetitions must be taken in
time ere that the matter be full seged, and ere it be corrupt and
rotten, and that is good comenlye with the iure of cold herbes
as pette moxall, purslane of the wood, and umbelicus veneris,
with oyle of roses, and a litle ayssell, a litle Bole armoniacke, and
colde oymments, as Popilion or vnguentum album or the colde
oyment Lusquinianus, and poppie, and leade, and sceth grene
plantaine, add vineger, and the whyte of an egge.

To breake an impostume.

Take a lillie roote, and an vnion, and boyle them in cleane
water, till they be softe, and then stampe them and frie the
with swines grease, and laye it to the impostume as hott
as the patient may suffer it,

To ripe an impostume.

Take wormewood, mallowes, mogwort, of ech a good hand-
full, stampe them and meddle them with a quarter of a pound
of swines grease, and frye them, and putte to a handfull of wha-
ten branne, and a litle whyte wine, of hony 4. vneces, boyle the
till they be thicke, and laye it hot to the soze place.

For itch or breaking out,

Take an vnice of quicksilver, 2. vnices of haire, and meddle the
well together, vntill that you can see no quicke silver, and
put it into a bore and annoynt the patient once in 24. houres, &
it shall kill the itch.
Also take of frankensence, and braye it small, and meddle it with
oyle de haire and there with an oyl the al ouer the clwith, and
it wil destroye the itch.

For all itches.

If the itch be in the beate of the wyesse, then lett the partye drinke euery daye or other daye, of the iuyce of semito d, bled fasting, and in the winter let him drinke the sirrope semptoye with warme water, for it clenseth all scabbies, and other corrupt humours that ensueth, as leprosy, and clenseth the bloud in the baynes.

For the itch a remedy.

TAke the iuyce of pennyroll, the iuyce of sauen, and the iuyce of scabions, the iuyce of sage, the iuyce of pellitory, and barrous grease, and blacke sope, and temper all these together, and make a salve for the itche.

Also take semito y, or ert gall, and seeth it in wine, and it is very good for the itch.

Against greuous itches in men
and women.

TAke the iuyce of calidon, Tapsi barbasti, of hony purified in vnice, beate them together till they be wasted, and set them on the fire, and when that they haue synpered, take it from the fire, and reserue it to thy vse, and when thou wilt vse there, of against itching, take thereof as much as thou wilt, and put thereto of burnt powder of Vitriall, of burnt allam, of ery a like much, and vse this till that thou be wel.

For the ringes indure.

TAke of the gumme of a cherye tree, a good quantity, and of gumme of a plum tree as much, and dissolue it in vineger that is very good, and oftentimes annoynte the soze place therewith.

For burnes of ringes cutt.

TAke two vices of the water of hyome flowers filled, and

giue it to the patient in the morning fasting, and it will purge the humour downwarde, and wasteth and healeth them without breaking outwarde.

Also seeth the water of bycome flowers, and put it in the patients wine, it will do him greate ease.

Also take and stampe corrow pintill, with beares grease, and lay there to.

Also take and make a plaister of red docke, and stampe old grease thereto, and it helpeth.

For the kinges ruff.

Take the roote of hyony, or of Aristrologia longa, or sineres, worte a like much, and beate them with hony, & old grease, and lay it there unto.

Also take beanes and meddle it with gleyze of an egge, and olde oyle, and this doth dissolve the kernells or kinges evil.

Also if barnell be sodden in wine with the donge of an asse, and linsedes and drinke it, it helpeth mightely.

Take of the decoction of the barches or pills of capparis, and sperage, and annoynt it with this oymtent.

Take a graye serpent, and cut of head and tayle, about four inches thereof, and with the grease of that serpent annoynt the saide soze.

For a sore.

Take stene an ounce, reubarbe two pennyworth, spiguarde a penny waight, infuse the same with whyte wyne, or water of englasse, or boyrage, of ech halfe a pinte, and warme them scalding hot, or boyle them a litle, and so let it stande all night, then warme it in the morning, and straine them, put in a litle ginger, and suger, and so drinke it all warme till that thou be well saled thereof.

A powder leproint.

Take halfe an ounce of scana in powder, a quantity of ipig-
narde brused, and a lyece of ginger in powder, bruse all
these very well, and put this into the softe pappe of an ap-
ple, and so to take a pretty quantity of this to bedward.

A powder for a lachative perloant.

Take in sumer the wyght-flowres of elders, as much as ye
will occupie al the yeare, and drye it fow o: three dayes in
the sunne, and then put it in a bladder, and when you will occu-
pie it, drye it as you do saffron, and put a litle in an ale beere,
as in a meale of pottage, and in continet he shall have three
or four stooles.

For the leaper a medicine.

Take the iuyce of blacke berries, and temper it with the siroppe
in roe of wilde sage, it is good for them that be leprouse, and
they that feareth the coming of it, they shal be euer ye mo-
ning to drinke halfe an ounce thereof.

For the leaper another

Take and make a bath of stronge wine that the leanes and
flowers of elder is sodden in, profiteth them that be like to
fall in lepro because of fleame.

Also a bath made in water that scabions and moles is sodden
in, is good for them that haue the spice of the leape called, also
pice, in the which the beares fall.

To make a man leme.

Take and fill a pan full of silberdes flowers, and let them a
night and a daye, and put thereto wine, y the daye not, the
let y wine be strained & let the patient drinke it b. dayes
together

For the luges.

Take southerne wood, and meddle it with licoris, Zlope, and seeth it in wine or water, make it swete with suger, and so droncke, is very good for all diseases of the lunges and breast, when the sickenes cometh of colde the breaste shall be annoynted with vngentum dialthea, and it easeth.

Also the broth of a creues is good for the paine in the lunges, consuming as whe na man hath a swelling about the lunges, then he cometh to dzyne and consuming of the naturall moysture til he dieth.

Also the roote of wyldc rapes is good to clense the lunges, if it be sodden with licozis and droncke.

Also if figges be sodden with Zlope, they clense the lunges, & healeth the olde cough.

For the morphew.

Take water of elder, and drinke it three spoonesfulls in the morning, and when you haue droncke thereof walke after & catch you a good heate, and then take a pinte of whyte vinegar, & three appells, and cut them and lay them three dayes and three nightes in the same vinegar, and after take a faire linnen cloth and put the appells therein, and straine them, and with the liquor thereof annoynte the body for three dayes.

Also take the iuyce of selidon, and mingle it with the powder of bymstone, and do it to the morphewe all cold.

Also for the morphewe whyte or blacke, take musterde seeds and salte, and stampe them together, and temper them with vinegar, and annoynt the morphewe therewith.

For the morphewe whyte or blacke.

Take an vnce of fyne verdigrease, and an vnce of S^rp^hur & make

make them both into fir all powder, and take 2. sheeps heads y^e are fatt and flea them, and cleaue them, and, take out the braine and cast it away, and then wash them cleane and seeth them til they be tender, and then take them of the skye, and let it stande til the next daye, and then gather of all the grease thereof, and mingle the powder thereto, & then put it in a bore and let it come nigh no fire after thou hast done them together, but wozke them all cold, and that will heale the mozphewes be it whyte or blacke and annoynte the sicke therewith against the fire euery night when he shall go to bed, and in the morninge washe it a waye with vineger.

An other for the mozphewes.

Take blacke sope in a cleane cloth, and put it in your owne brinz and therewith annoynt the mozphewe. Also let hym drinke earlie at mozrowe, and late at euen water of bozrage, & of semitozpe, medles together by euen portion, and within 14. dayes they shal be al whole.

Also take grene copparas, and put it in cleane water, and let it stande a daye, and then clense the water, and then annoynte the mozphewes with the water.

A medicine for a mozmoyle.

Take broome flowers, and drye them and beate them to powder, and temper the powder with oyle made of myntes and a litle vineger therewith, and annoynt the soze therewith. Take greate wall nuts as they growe huskes and all, and drye them in a moztar, and temper it with oyle ollyue, and frye it in a pan and put thereto a quantyte of pitch in the frying thereof, and straine it through a linnen cloth, and therewith annoynt the soze and laye plantayne leaues about the backe towards the soze and euery morning washe the soze with madder water.

For to heale a marmole.

Take

Take a pinte of claryfed hony, and a quart of running water, and a greate quantyte of sage, and seeth them together as well as thou canst, and walhe the wound with the licour, and lay a sage leafe on the wound.

Also take oyle ollive, and annoynt the soze therewith, and lay thereon a plantaine leafe, and euerie mo:ninge walhe the, soze with madder water.

For to cure a marmole.

Take freshe seame, and the kernells of ripe natts, and stamp them small as ye may, and blende them together with Aqua vita, and hony, and make them thicke as a plaister, and lay it on a linnen cloth, and put it to the marmole, and a s often as yee change the plaister, ye shall finde it full of red woymes, and so kepe this medisine still thereto fresh and fresh till such time the woymes be cleane out, but looke that you claue not your leggs for to make them bleede.

A maturating to ripen a botch of bile,

Take solwer dowe, and white of olde swynes grease, and beate them together, and put thereto salte, and the pouder of comin and meddle them together well, and make a plaister thereof, this ripeth and breaketh possumes, but my maister did put thereto pouder of fenekrete, and the yolke of an egg at one time, if there be much for sayling of the harte.

How to make maruall for all akinge.

Take 2. pound of wilde merthe, and a pound of ambrosen, and a pound of cammemile, and a pound of betong, and a pound of sage, and a pound of mintes, and a pound of hay helwe, and a pound of southerne wood, and a pound of magwort, and a pound of woymewood, a pound of mallowes, and a pound of holy hocke, and a pound of hozchound, and a pound of red nettells, and a pound of lorrell leaues, and a pound of liuer wort, then take all these herbes and stamp them in a mortar small, and do thereto 3. or 4. pound of may butter, and a quart of oyle oliue, & stamp the together & the do them in an earthen pot & cover it wel, & let
 E.ii. the pot

pot in a troppie place, and so let it stande ix. daies, and the x. day take it out of the pot, & do it in a pan, & set it to fire & seeth it, & stirre it that it do not cleave to the pan, and when it hath well boyled, take it from the fire, and straine it through a cloth, a litle and a litle into a faire vessell, then take that lycour, and do it in a cleane panne, and set it ouer the fyre, and do thereto a quarter of a pound of sheepes tallowe melted, and a nother of frankensence well broken in powder, and stirre them well together till it be molten, and then take it from the fire, and let it stand and coole, and make thereon a hole and let out the water thereof, & turne it on the other syde, and do awaye the stiness thereof, then take it and do it in the panne againe, and set it ouer the fyre till that it be molten, and then do thereto a pinte of the grease of a graie, if you may haue it, then with a sether scumme it cleane, and do it in torres, and this is the kindly making of naruaile, and this oymnt is hot.

To make a cruall to helpe all Coughes
and to put them in their
Strength.

Take ambrosen, canmemile, herbe John, herbe water, herbe robarte, egleantine, the leanes of crosse wood, fenegre, c. laurrell leanes, as much of that as of all the other, breake them, and laye them in whype wyne, and let them lye so xiiii. dayes, then take a pottle of grease and a quarte of maye butter, and of oyle aliue, and boyle them together and straine them, and let them coole, and so vse it to the shonken synowes,

Here followeth the making of diuers kindes of oiles,
and it sheweth which be hot, and which be
colde, as saith I pocras, and
Galien.

Oyle of roses.

Take and fill a glassfull of rose leanes, and put thereto oyle
alliu

oyle i. fl. and stoppe it well, and set it in the sunne stränge of
earey day once for the space of xii. dayes; then straine it through
a cloth and put it vpon cold water, and stirre it with hallow wood
but take the bark of, and this moyst and cold.

Oyle of yolkes of egges.

Take yolkes of egges and put them in a pot ouer the fire, and
let them stand till they doe waie blacke, and put them in a
presse and presse out the oyle, and this oyle is good for all maner
of burninges or scaldinges.

Oyle of henbane.

Take the seide of henbane and fry it in oyle, & presse it through
a cloth: this oyle is good for all maner of swellings and bur-
nings in the iointes.

Oyle of mandragora.

Take and cut them in diuers pieces, and seeth them in a dou-
ble vessell of glasse, and set them in the sunne, & let it stande
ix. dayes, then set them on a small fire till they be thicke, & kepe
that oyle for; it is good for all festures.

Oyle of loprell.

Take loprell leaues and brye them in a morder, and lette yt
stande two or thre dayes, and then seethe them, and straine
them through a clothe, and that which heueth aboue is the oyle.

Also take loprell berries when they be grene, and seeth them in
oyle and straine them, and that is good oyle.

Also take loprell berries when they be ripe, and seeth them with
loprell leaues, and thereof thou shalt haue the best oyle, and this
oyle is good for diuers cold causes.

Take almondes or nuts blanched into a possall of holes in the bottome, and set that pot upon a sathing potte, and the breath of the sathing potte maye enter into the other potte, and wringe these kynnells, and receiue that oyle, and kepe it in a glasse, and this is good for diuers purposes.

To make oyle of musterd seed.

Take musterd seade 4. li. and 4. li. of oyle, and grinde them together, and let them stand so iij. dayes, stirre it and kepe it in bores: this oyle is good for the palsy, the stiche, the goutes that is bolning, and also for the podagra.

To make oyle of fennell.

Take a quantite of fennell betwene two hyle stones, or plates of iron, make them verie hott, and presse out the licour, and this oyle will kepe a great while, for it is good for the tickle, dry scab, and for burning or scalding.

To make oyle of rewe.

Take rewe leaues, and cutte them small, and put them in a potte with common oyle, the space of nine or twelue daies, then seth them till they be waisted to the third part, then straine it, and this ale is verie good for to restrayne from all manner of priuie causes of pestilence, which are remaning with in man, woman, or childe,

To make oyle of Iuy.

Take iuy leaues, and bruse them, and put them in wine and oyle, in the same manner as you doe for cell, and so make this oyle of iuy berries.

Take Iuy berries with the leaues, and see the them after the same manner as you doe the loycell berries, euen so doe by the Iuy berries.

To

To make oyle of camemill.

TAke the flowers of camemill, and stampe them in a mortar, and put thereto oyle olive, and let it lye in the iuice 17. dayes, and let it soeth ouer the fire, and let it boyle a little, and take it of, and presse out the iuice, and put it into small glasses, and put thereto the flowers of camemill being stamped small, & let it stand 16. daies, and so is this oyle made.

To make oyle of roses.

TAke red rose leaues a good quantity, & stamp the in a mortar, and put thereto oyle olive, and let it stande in the Sunne 12. dayes, and then put it in a glasse, and binde fast the glasse about with ropes of hays, and set it in a pan full of water, and lette yt boile softelye two howers, and then let it keele, & then put it in small glasses, and put thereto the leaues of red roses all whole, and stoppe it faste, and sette it in the sunne for 16. dayes, and so vse it at your neede.

To make oyle of Olibanum.

TAke batome flowers a bushell, and picke away the buddees, & beate them, and put thereto fresh butter, and a quart of swines grease, and oyle olive a pottell, and doe it in an earthen pot or panne of 3. gallons, and stoppe the mouth fast with dowe, and set it in the ground, and take a tyle and doe it vpon the mouth, that nothinge doe come thereto, and lette it stande fortye dayes vnder the ground, and at the fortye daies ende see that you bee not fasting, then take a pan with a labell, and put it therein, and set it ouer the fire, and giue it three waies vpon the fire tyll it be grene, then take it from the fire, and straine it into a piewter basen, and doe it in an earthen vessell, where you will keepe it. This is the true making of oyle of Olibanum, & it is moist in working, it is good for all manner of sores, but especiall for the most small and canker, and for Noli me tangere, or for any other

ther soze, proued by many maisters of Chirurgery.

To make the oyle of Ereciter.

Take ii. li of colwslippis flowers in may, and put them in oyle olive, and then put them in an earthen pot close untill the moneth of June, then take these herbes following, torrell, ambrose, calumint, pellitory of spaine, sage, peritorpe, scabions, launder, herbe John, lilly rootes, rosemary, of eche a handfull, braye all all these in a mortar, then take the colwslippis out of the oyle, and bray them as you doe the other herbes, then put them in a panne and boyle them together softye till all the water be cleane sodden away, for if the water be in the bottom, let it seth till it be waisted, and then straine them throughs a clothe with cleane handes, and when yonr oyle is kindly wrought, then put it in pots or glasses, and stoppe it from the ayre, this oyle is good for all aches in mans body, or limmes except the gout.

To make an oyle for many griefs.

Take mirrhe, Aloes exaticum, spignard, sandragon, incense, saracens fleshe, Bedelium, baume seide, gumme aromatick, stracell, mastick, saffron, gum araben, Storax liquida, of eche of these two vnces, Labdanum, Castor, of ech ii. vnces, muske, turpentine as much, make powder of all that will be powdered, and medle them with turpentine, and still them in a glasse as you do rosewater, and kepe it in a strong glasse, this oyle kepeth the substance of mans limms and the sinewes, and it kepeth dead folks from rotting being medled with the water of roses, and anointe all thy backe from the hart of the forehead to the rayues, and yt maketh a leane bodye fatte: and if the backe bee anointed before the aris it helpeth the feners, and for him that may not speake, it is good for the rising of the mother, for the falling euill, for to be put in his eares and in his nose.

Also it is good for them that be sorpe without a cause, and for them that be donke with wine, and it is comfortable for all diseases be they hel or cold: proued.

To make a greene oymntment.

Take a pound of swines grease, an ounce of verdigrease, halfe an ounce of salgemie, and make thereof an oymntment, and yt may be kept a 40 winters, and this oymntment is good for ꝑ cancer, & for running holes, and for to heale all wounds old & new, it fretteth alway dead flesh, and bringeth new, & put of this into a wound & it shall not fester, & this oymntment is good for ꝑ rising of the yerd or mozimall, and there is no oymntment that woꝝketh so specially as this doth.

To make a greene oymntment.

Take i. li. of sage, of bays half a li. of reio half a li. of mozimall as much, & chop them very small altogether, take 3. li. of the pes sewet, beate the herbs and the sewet together till they be al one, then take 3. pints of sallet oile, & herbes and the sewet, mingle them altogether, & let it stand 2. daies, and then set it on the fire, & stirre it together till the herbes be somewhat harde, then straine them and preserve them to their vse that haue neede thereof.

To make a pretious oymntment called Dewero

Take the rasling of harts horne ii. pound, of senigreke i. pound, of oyle olive 4. pound, the pes talow i. pound, & 2. ounces of galbanum, & 2. ounces of the gum of iuye, and 2. ounces of perrossen, & bray them together, and do thereto a portion of white wine or of water, and so let it stand 3. daies, and on the 4. day let it seeth ouer the fire till it waxe some dele thicke, then take it of & straine it through a cloth, and put thereto a litle hot water for the thicknes, and straine it as hard as you may betwene your hands, and take the thirde dele of that licour, and put thereto 2. pound of oile olive, and let them boile well till they be somewhat waxed, and put thereto a portion of ware and of turmentyll. and do it to the other licour and let them seeth wel till it waxe thicke, then do it of
the

the fire, and let it keele, and then put it in bores, and this ointment is good for great greuaunce of the ſkene, and for the aking of the ribbes, and all harde greuaunce, it maketh them ſoſte, but the party muſte be anointed againſt the fire, for this hath bene proued.

To make a good oymtent.

Take of ſmalladge and mallowes, and put thereto ſtwo pound of bores greaſe, i. pound of may butter, and oyle of neats ſate a good quantitie, ſtampe them well together, then fry them and ſtraine them into an earthen beſſell.

A medicine for the pally.

Take oyle olive & the flowers of cotſlippy, put them together, and ſtill them in a glaſſe in the ſunne, and then take ii. ſponefull of the oyle that ſhall come of it, with a ſponefull of Aqua vitæ, and warme it on the fire in a ſacer, and ſo anoint the place which is benumd or greued, and the patient ſhall find very great remedye: proued.

A medicine for the pally.

Take a handfull of marigolds, beate them, and toyng out the iuice thereof with a draught of ale, & put to the ſame a ſponefull of as good muſſer that may be gotten, warme this drink 3. times, and ſo giue it to the party ſo greued.

An other medicine for the pally.

Take cotſlippy, wild ſage, ſanclender, and ſtampe them ſmall, and worke them with ſweete ale, and make them up in ball's, and make holes in them, & fill them full of ſweete oyle, and lette them ſtand inſuſe ix. dayes, then taſe them, and temper them againe with ſweete oyle, and then fry them, and ſtraine them, and ſo anoint the party ſo greued with the pally.

An

An electuary for the palsy.

Take mintes, Ananion, comin, rose leanes dried, masticke, seni-
græke, valerian, Ameos doronici, Zedoarve, cloues, saunders
and Lignum aloes, of every one a dram, mixt the half a dram, make
an electuary with clarified honey, and let either man or child that
hath the palsy, take halfe as much as a nut.

Also a bath made with these herbes, saucry, marierum, tyme,
sage, neptr, smalladgc, and mintes, are very wholesome for the
same.

A plaster for a man that is benumbed in
anye member with colde or palse

Take savine, retn, sage, musserdseed, and temper it with white
wine, and make it thicke as it were a plaster, and so let it
stande in a vessell a day and a night, and then laye it on a clothe
thicke, and lay it to the member benumbed.

For the picking of a thorne or needle in a
joynt and the hole stopped.

Take fine boulded flower of wheate, and temper it with white
wine, and boyle it together till it be thicke with white wine,
and lay it to the soze as hot as you maye suffer it, and it shall o-
pen the hole and drawe out the venym, and cease the akinge, &
heale it againe. this medicine is good to heale a byle, or anye
whitflowe or vncome.

For the picking of a thorne.

Take mather rootes, and grinde them small, and boyle it with
oyle olinc, and lay it thereunto, or els with the aforesaid oyle
anoint the soze place, and it will doe the good.

A preparatiue.

P.ij.

Take

Take of endive, succary, hartes tongue, bozage, of ech i. handfull, of peusly rootes, fenell rootes, semitoy, and the toppes of young hoppers, of ech a quarter of a handfull, of tyme, bettany, germaunder, of ech forre creppes, greate rysons a handfull, of licoas a little brused, halfe an vnce of fennell seede, seethe all these in a pottle of faire water to the halfe. then put thereto sixe spoonefulls of vineger, and after one boyling straine them without pressing, then take the clearest thereof, and if you will make a syrrope thereof, put to a pint of the brothe, a pounce of suger, and in the boyling thereof put thereto a litle cinamon brused the waighte of eight pence, let him drinke of this foure good spoonefulls, with vi. spoonefulls of bozage water warmed fasting in his bed, and sweate after it.

To make an excellent millolet playster.

Take of grene myllolet brused ten handfulls, boyle it in a pottle of white wine to the waisting of the halfe, and straine it, then put thereto of rosen a pounce, ware as muche, sheepes talow foure vnces, turpentine three vnces, massicke i. vnce, boyle all saide the massick until the waisting of .ij. vnces moze then halfe, then bruse other vi. handfulls of millolet and put to while it is a boyling, and stirre it well while it hath a playe or two, then take it from the fire and straine it while it is hotte throughe a course canvas bagge, and with with wyinginge and wumping betwene two rounde staues till by litle and litle the stoffe, gummes, and oyle be come all out as much as you canne gette, and when you maye handle it. put thereto four vnces of mallicke finely powdered and make it in rolles mingle your massicke in the boiling thereof.

To make the powder of life.

Take spinage, columbine, came myll, the seede of semitoy and marigold, of euery of these saies and seides i. handfull, & drye them out of the sun, & make therof powder, & giue it to drinke either
hot.

hot or cold, for this hath bene proued a medicineful true.

The philosphers stone so called for medicine to cure all diseases both within and without, as fistulas, canker, pocks, faulding sickness, wolsyes, & Antonies fire, and all incurable diseases proued.

Take selondine leaves fast by the rootes in may or June, and seth them in running water, butil such time as they do come to pappe, and as pappe take them forth and grinde them on a stone very fyne as grene sauce, and let it be no drier, then put them in a glasse with a lymbecke head & a receiuer, but it must be distilled in balneo: likewise, receiue the first water by it selfe and when it be ginneth to dropp somewhat slowly or to chaunge then take that receiuer away, and put a nother to it, and the take that as long as it wil still, then take that glasse away, & kepe it close and sure, for that is the fiery elament, and the firste is water, then let your glasse coole, and then set it in ashes in a dype furnace, and drawe the salt, water by it selfe, for that is gayze, and that that remaineth in the bottome is the earth, which earth you must take out and grinde it on a stone fine, and let it stande vpon the stone for to dissolve into water, for so it wil in time so that the stone stand in a mopste place, but you must remember to close your stone rounde about, that the water passe not by, when it is in mopstnes, set your stone hanging a litle aside, and make a litle gutter for the water to runne into a glasse in the which glasse it must be congeled untill it come to earthe, therefore to stoppe your glasse that nothing do go out, but that al may come to earth againe and thus with that earth grinde it and dissolve it and congele it 2 or 3 tymes, for it is better. and then this earth will do greates wonders, al diseases it will run through, & al woundes & cause the same for to heale surely, and being drunke with your Aurum potable and as much of that earth as a hassell nutt dranke, & this will expulse all wicked humours out of thee that no ill can growe in the body, if you do vse it but once a week with the portien.

Alc.

Also your first water must be stilled often, and that remaineth still in the glasse, must be put into the earth, for that is earth, if the phisition do well skell upon the triplicities, and who hath & greafe gouernance in man of the triplicities, as for the earthe Taurus, Capricorne, and Virgo; and for the ayer Aquarius, Lybra, and Gemini; and for the fire Leo, Sagetarius, Arnes; and for the water Cancer, Scorpio, and Pisces: then who so can knowe the complecions in them, and minister accordinglye, he shall do greafe wonders wth these medicines, & quintessences: and as for the earth being so bled as aforesaid, it will dissolue syluer of it selfe, and also golde, and also heale many incurable diseases in man, o; woman, & hane longe reigned, and bene most incurable for to be healeo Laudes deo,

To make aurum potabile et quintessena.

Take Tartar the best you can get, and syne calcenase it very white, then take a parte about a pound, and let it synke iiii. pounds of Aqua vita, rectified by litle and litle, giue the tartar to synke of the Aqua vita, this must be done in a glasse o; limbeck set vpon ashes with a litle fyre, and euer kepe it close, and so being congeled in maner somewhat liquide, then dissolue it with more Aqua vita rectified, and and by and by it will dissolue, and loe as it were ayre right in cullo; then take of this water o; bayned of God, for to comforte his creatures, put it in a vessell of glasse againe faire being dissolued cleane, then take fine duck hatt golde, but beware of the same golde, take an; once first fined in a tesse, and then fine beaten in fine syetes, then take pure fine lyse hony .4. spoonefulls, and take a quarter of Gentiana syne fearced to ponde, the golde gentiana and hony must be ground fenely, and put to the quintessens, halfe aa vnce of syne another perle, grende all stronglye to gether vpon a marbell stone, and put all into your water, o; quintessens, put all into your glasse and set it in stilling with a gentel fyre, and let it still vpon and downe x. o; xii. dayes, and then kepe it close and safe for it is good: let it still in moost balnes in any case, and then it is done, some

Some do vse so; to make oyle of gold, in this maner, they do take vineger, and put slyng of gold in it, or lea'e gold, so let it stand in the sunne when it is hot xiiij. dayes, and there will arise vpon the vineger as a scumme, the which you must gather with a feather, and as you gather it, you maye put it into your Aurum potable, or else grinde it with your hony perle, and Gentiana, so; this gold is better, so; this is on of pphilosophers greate secretts hidden, this is a vertuous quintessens, or water of lyfe, to heale all infirmities, as leprossies, and as many as be in man that is harde so; to heale, and if a man be a dyng, and haue but on dram of nature within him, giue him but on spoonefull of it, and if his time be not ordayned of god, it shall helpe him certaineley, and will procure him so; to liue longer by Gods prouidence: prouided so; man.

Note this noble deuin plaster which hath a
number of vertues in it as hereaf-
ter followeth.

TAKE Galbanum a vnce, armoniaci three vnces, appoponaci an vnce, nelsue ware xx. vnces, oyle olliu a pounce, lytarge of golde xiiij. vnces, olibane ii. vn: es, mairthe an vnce, grene capperas an vnce, aristologia longa an vnce, mastick an vnce, bedely ii. vnces, arinandi calamita iiii. vnces, make all these into powder euery one severally by him selfe, take a pot of earth, and pour galbanum, armoniaci, appoponaci, and put it in whyte vineger very strong, and cover the pot till such time that all be molten in the. after straine it through a Drainer, then put it in a cleane vessel, and set it on a gentell fyre, and temperate, and let them synger together untill all your vineger be consumed, then take your oyle olive, and put it in the same pot, & so stirre them together on a gentell fyre continually, and when all is molten then put in your lytarge of gold made in powder, and as you put it in you must be euer stirring of it that it may consume.

consuunt in the substance, and thus you must vse it vntill it come to blacknes, then put in your bedely, Olibanum, Arithologia slo-
ga, mirbe, massike, your verdigrease, copperas, & your calamita,
set it be al in very fyne powder, and when it is sod and well boi-
led, it will be blacke and red, and put a litle on a stone or clothe,
and if it be hard then it is sodden well, then let him seth vntill
such tyme as he be hard, and so preserue it, then annoynte your
hand with oyle alliu, and so take it fourth, then make it roules
as paste, and put it in a piece of gotes skinne well and cleane
made, then put it in a vessell of leade so kepe made like a bore
crosse, for this is the precious dyuine, plaister of all the worlde
none like it, it is a kinges ietwell of healthe for it is good for all
diseases bothe vnde and newe, and shall giue newe fleshe and
good that he had no better before, if a man be broken lett him
make a plaister and lay it to it. dayes it shall knitt sure for euer
againe by gods grace.

The blacke plaister for all manner of griefes.

Take a pot of oyle alliu, a parte of red leade, boyle these to-
gether and stirre them with a selice of wood continuallye
vntill it be blacke and somewhat thicke, then take it of the fire
and put it in a penyworth of red ware and a pound of rossen, &
set it to the fire agalne but you may not blasse it and stirre it,
then take it of and let it stande vntill it be colde, and make it in
a lumpe it is good for a newe wound or to staunch blood, poure
a litle of it in a dish, and if it sticke fast vnto the dishes side, then
it is inough, and preserue it to your vse as neede requireth.

The making of the sictur of all plaisters and salues called flos
vnguentorum per G.K.

Take halfe a pounce of rossen, halfe a pound of perrossen, a
quarter of a pound of frankencens, a quarter of a pound of
virgin ware, an ounce of massike, a quarter of a pound of beres
sewet, a quarter of a pound of thrapes sewet, ii. drams of cam-
phire, a quarter of a pound of Venice turpentine, and melle that
may

may be molten, and make powder of that which may be beaten to powder, and search your powder through a fine, searcher, & to compound this treate, or plaister withall, your ware, sheepes se, wet, and deares sewet, must be first molten, on a softe fire, then your Olibanum, massicke, with your rosen, and perrosin, and your franckensence, and mirhe, and last of all your turpentine of Venice, and as you put these gumms in, you must euer be stirring it with a litle sticke that it do not growe to the kettle side with a softe fyre, the gumms beinge thowly molten, take the kettle from the fire, still stirring of it, let your mirhe, and your turpentine be put in the last, for that must not abide on the fire long after it is put in, then take a pottic of good whyte wine, & let your Strainer be of canuas, ready for to strayne & saide gumms withall, and let there be no holes in the canuas Strainer, then take a faire basen or piete, and put it in a quarte or iii. pintes of your whyte wyne, and then let it run throughe into the whyte wine, and so let it coole for the space of two houres, & the worke it and make it by in roles, and let the roles lye continually still in the whyte wine, for it will be whyte as allablaster, and yes may kepe it this seauen yeares in full effect and goodnes, and especially for all newe woundes and aches, being spread upon newe canuas, and applye it to the grieve, and these be the vertues of this Flores yngentorum.

Also this noble salve or plaister, amongste all other is molle flesning, and well sounding the flesh, that it healeth more in one weeke then in any other, it will suffer no corruption to be ingendred in man or woman, nor no euill fleshe to grow, for all these diseases, aboue named, it is the most straunge medicine that euer was found, as in experyence it hath bene full many times proued and tryed.

The golden plaister that healeth all byndes
of baines or limmes
prouen.

Take colofonge, pitch, rosen, and oyle, three unces of liquid
pitch

pitch an ounce, olibanum an ounce, of auri vnguenti a like of each, of wyne as much as sufficeth, and make thre of a plaister, and lay it it to, and kepe it to your vse.

To make gratia dei.

TAke halfe a pound of rossen, and boyle it in a panne vnfil þ some oꝝ scum be come of it, the take a quarter of a pound of vnwornight ware, and put it into þ rossen, and boile the to, gether as is afoze saide, then take an ounce of shepes sweet, & as much of turpentine, and oyle olline a spoonesfull, and put them all together, into the same panne amongste the rossen, and war afoze saide, and boyle them all together, vntill the some begin aboue, and when the some beginneth to ware blacke, then take it of the fire, and clenke it through a faire linnen cloth into a pail of water, then worke it with your handes, and put it out as you do bird lime foꝝ the space of a quarter of an houre, and now and then wet your handes in the water, when it cleaueth to þ salu, and then make it into rolles.

To make gratia dei minor.

TAke bettony, veruaine, pimpermell that beareth the whyte flower, of each in handfulls, and braye them, sceth them in whyte wyne, till it be halfe sodden, then poure out the wine through a cloth, and set it eate the fyre, put thereto petrosin a pound, massicke a pound, virgin ware, and take womans milke that nourisheth a man child a quantity, meddle them together boyling with a selice till it be well melt, then take it of the fire put in halfe a pound of turpentine, stirre it wel together till it be cold, then kepe it til ye neede it it is good foꝝ all newe woundes and olde, foꝝ the webbe in the eye, it suffereth no deade fleshe to remaine within the wound. Also foꝝ stinging of venomous beastes and also foꝝ all manner of imposthums and foꝝ all sores.

To make a plaister that will heale

a wounde

Take

Take a pound of the iuyce of betony, as much of plantaine, the iuyce of smalladg as much, Bursa pastoris as much, and 4. pound of waxe and perrosen, a quarter of a pound of Incensens, boyle all these together, withe the iuyces of these four herbes, till they be almoste thicke, and then put therein a quarter of a pound of turpentine, oyle olliue thre pound, and so vse it as a plaister at neede.

Amerebate against poysons and pestilence, which say
a truth was pioued upon 4. Irish gentlemen
poysoned with carthans cast into a
panne of milke in fraunce who
were so swolne that they
were ready to burst.

Take of the rootes of turmentile 2. dramms, of al the kynde of
saunders of every of them a dram, white dittange newe ga-
thered and dried, a dram of the toppe of a harts hoene, or a spi-
trake of precious stones, the fragments of orient pearle, Bole
armoracke, Astrologia rotunda, of ech a dram, pennygal, mirbe
and setwelth of ech ii. drams Tarra limnia of the purest ii. drams
the seeds of cytrons and saffron of ech a scruple, vnicozne hoene
and iacints of ech halfe a dram, the licour to make this electua-
ry is rosewater, and y wayer of borrage flowers distilled, boile
your suger and waters to a perfection, and in the cooling put in
your pouders searced, and so reserue it as a most precious trea-
sure this is also a present remedy to driue out the meacells, shir-
gles, small pore the plague pushes and hath holpe the whose sores
were gone in and brought them out againe and recovered the
parties and it defendeth all venime.

To make pills against poyson of a marvelous vertue.

Take Imperatrice, Bistorta, Turmentilla, Valeriana, Dittamo,
Bianco, Carlina, Gentiana, Aristologia rotunda, Agarico,
Electo, Salgem of ech a like quantyty, beate them in fine poudre
the take y iuyce of garleke and of onions as much as will make
it into a paste. Also put into the iuyce one dram of saffron the let
Z.ii. the

the said paffe be mirtle dize in the shadowe, and then beate it into powder againe and mire it with the foresaide iuyce in good force, and kepe it in a vessel of leade, untill thou hast neede, and when thou wilt occupie it, take thereof iiii. drammes, and make thereof pills with Siropo acetoso, in good forme, the which thou shalst geue vnto him that is poysoned, and in shorte time thou shalt see miracles of that medicine, for all the aforesaid symples in maner alone is sufficient to deliuer one that were poysoned, but being mired together it worketh greater effect, these pills are of such experience against poyson as may be.

For a man that hath drunken poyson.

Take be tony, and stampe it, and mingle it with water, and the poyson that the partye hath drunke, will presently come forth againe.

Against the plague or pestilence.

Take matfelson, sentmary, twoyme wood, horebounde, of eche a good handfull, and steepe them all a night in a pott of beare, and in the morninge drinke a draught thereof fasting. Also to perfume your chamber with rosemary dried, and baye leaues, or Zeniper, or rosewater, and cloves, and Olibanum, it is very good to giue children in time of infection, freake with water of dragons or scabions, or let them chew redwall in there mouthes.

To driue out the plague if you thinke one be infected.

Take the roote of dragons, & the rootes of Polipodiu of the like quanty, and drie them in an oven, and beate them to powder and if you thinke that you be infected, take as much of the powder as wil lye on a grote, and put it in a cuppe of ale, & drinke it next your harte, and it wil driue out the plague, and preserve the patient,

A powder to drinke, to preserve one from the plague.

Take betony, pimpernell, lincifole, scabions of eche of all these a like quanty, and drie them all, and beate them into fine powder

pholover, and where any infection of the plague is, drinke some of the powder in ale warme nexte your harte, two morninges in a weeke, and if the infection be great drinke it euery morning and by Gods grace it shall helpe.

For them that are infected with the plague

Take a spoonfull of running water, a spoonfull of vineger, a good quantity of treacell to the bignes of a small nutt, temper all these together, and heate it like warme, and giue it him to drinke 24. howers.

For a plague sore a remedy.

Take scabions, and stampe it with swines grease, and laye yt to the soze, and lette it lye for foure and twenty howers removed, and it will take him cleane away, or els breake it, and if the patients drinke the iuice thereof, it is very good therfore.

For the plague a medicine.

Take an onyon and cut out the coze, and fill it full of treacell of Zane, and rolle it in the fire, and then take three spoonefulls of redde vineger, and five spoonefulls of the iuice of sozele, and straine the onyon with the sayd iuice, and drinke it warme.

Also take treacell of Zane, and stirre it together with ginger and cloues, and a litle saffron, and take thereof in the morning nexte to your harte.

For to kill a ringworme or petter.

Take vnslaked lime and sope, and miue them together, & laye it vpon a parchment skin no broader then the ringworme, & lay it thereto halfe an hower untill it take the bark or skinn, and then take the iuice of opyne and anoint it til it be colde, and then heale it wth salu.

also

Take take glasse and make it in fine powder, and medle it with
blacke sope, and anoint the soze therewith.

An ointment for ringwormes or fetters.

Take oyle of roses 2. vneces, newe ware 4. li. wrighte, medle
your oyle and ware together, then take litarge of golde, and
seruse of ech half an vnice, make your litarge and seruse in fine
powder; and medle them in a brassen morter with your oyle and
ware, then take half an vnice of quicksiluer mortified, and the
white of an egge newe laid, medle them together, & put in your
quicksiluer last, and vse it euening and morninge, and thus you
shall mortifye your quicksiluer: put yt into a boill of glasse, and
put fasting spittle to it, beate it vp and downe till it change cou-
lor: take the ashes, then putte in your stuffe, and labour them toge-
ther, and it shall heale them.

For a ringworme or fetter.

Take 4. vneces of boyes greafe, and i. vnice of quicksiluer, and
fill it with fasting spittle, an vnice of verdigreafe, a dramme
of camphire, a quantity of blacke sope, and of musterde, the
juice of wallnutte leaues, and grinde them all together vpon a
painters stone, and put it into a hore, and therewith anointe all
the places where the ringworme or fetter is eueninge and mor-
ning till it be whole.

To fill a ringworme or fetter in what
place soeuer it be.

Take blacke sope and pepper, and mingle them together and
make a plaister thereof, and lay it to the grieve.

Also take the juice of hony suckes leaues, and anointe the
place with a fetter.

Also take the oyle of Scorpion, and anoint the place where the
grieve is.

Also take flower of popell, and vinegar, and oyle of nuts, and
anointe

anoint the place therewith.

A good recipe to restore a mans nature,
and to helpe them that are
waste and decayed.

Take and make almonde milke with the broth of biese marve-
bonce, and of a rocke that is well boyled, then temper ther-
to yolkes of egges with good bastarde, then put them in the
almonde milke, and make a catwaddell thereof with your bastarde,
and caste blanch powder vpon it, and you may put a litle rose-
water vpon it, for it will bee the better.

A restoratiue of Rosa folis.

Take Rosa folis, but touche not the leaues in gathering, nor
wash it not, take thereof 4. good handfulls, then take three
pintes of good Aqua vite, and put them both into a glasse or pot
of 3. or 4. pints, and then stoppe it hard for 3. dayes and 3. nights,
and the 4. daye straine it through a cleane clothe into a glasse or
pewter pot, and put thereto halfe a pounde of fyne suger beaten
very fyne, take 4. vneces of fyne licozas beaten in powder, half a
pound of sound dates the stones taken out, make them cleane, &
mince them small, & put all these together into a glasse or pew-
ter pot, and stoppe it close, that no ayre goe out, and drinke ther-
of at night halfe a spoonfull with ale or beere, but ale is beste,
take as much in the morning fasting, for there is not the wea-
kest body in the worlde that wanteth nature or strength, or that
is in consumption, but that will restore their agayne, & make
them to haue a good appetite to their meat.

For to restore the strength of the minde, and to
bring it to the place where it was first brought to.

Take 2. or 3. fenell rootes, and as many persely rootes, 3. slope,
tyme, fennel, violet leaues, of ech halfe a handfull, and ly-
cozas sicke boyled small, a spoonfull of annise seedes, halfe a hand-
full.

full of great reysens, with a handfull of barbes, make your broth of all these sodden in a pottell of water to a quarte or lesse, and when your meat is very well sodden, stampe it: your flesh must bee either a cocke, chicken or a knorrell of veale, and bringe so stamped very well together, straine it and kepe it, and giue the patiente thereof morning and evening often, and it will restore him although he were neuer to home brought.

A salve to heale all manner of sores, and principally for a freche wound.

Take oyle olyue and turpentine alike much, a pretty quantitie of rosemarie leaues pricked, boyle all these together, and in boyling put thereto a sponesfull of faire water, and lette them boyle together untill the water bee consumed as an oyntement, and when it is boyled straine it hott and warme, and let it stand in a vessel of earth, and when ye shall occurre it, heate it ouer the fire, and against the fire drese the soze soe that the fire may dry the ointment, and it may be that there be some flesh lay lint in the fallie, and lay it hot against the soze, and if it neede to be tented then tente it with a tent of the same ointment hot, and lay vpon the tent a playster of hot cleauning salve, and it will cure any wound or soze.

Another salve to bring sores that rankell out, and take two their ointment kinde, and cease the burning & aking.

Take the iuice of smallage and of plantaine, of ech like much, of hony and the white of an egg & white much, and put thereto flower of boulted wheate, & stirre them well together untill ye be thicke, and lette it come neare no fire, but all colde and rawe lay it to the soze, and it shal cleanse the wound & cease the aking, and bringe it to his kind, and heate it faire, for this is a princypall salve for sores.

A salve for a merke cut that will cease leane bleeding.

Take

Take the blades of insectes, cleane them and put thereto hony and wheate flower, and stirre them well together untill they be thicke, and let it come neare to fire, but all while lay it to the wounde, and it will staunce the bleeding, and it will drawe out the blysed blood, and make it cleane and heale it.

Take oyle olive a pinte & a halfe, turpentine as much, rosen a quarter of a pound, bruzed waxe halfe a li. of thepes calow 4. li. ther take 2. handfulls of smallage, 2. handfulls of bugle, 2. handfulls of rageworte, 2. handfulls of plantaine, 2. handfulls of oypine, and cut all these herbes small, and seeth them in the fore said oyle above written, and let it boyle softly over the fire alwayes stirring it untill it be wel medled together, & when you thinke it wel, take it from the fire and straine it through a strainer of canvas cloth, and so use it.

Take ware and thepes seker about not so much of the lesser ware, and a litle rosen, and if you will heale it shortly put in but a litle rosen, and set it over the fire together, and as it riseth stirre it, and then put therein a dishe of water, and when it is cold, make it in rooles.

Also take the whitest virgin ware that ye canne get and melte it in a pinte, then put in a quantity of butter and hony, and seeth them together, and take a dishe with faire water, and straine yt into the water, and worke it with your handes, and then make it in a round ball, and so you may kepe it, and when you laye it to any soze ye must worke it in your hand, & make it as a cloth, and lay it to, and it will both heale and drawe.

Take halfe a li. of saruse and somewhat more, of oyle olive which is sallet oyle 2. dishe, of vinegar a pretie quantity, and

The paderway to health.

Take it till it be blacke, and make it up in roles, and so at your neede you may occupy it.

A very good salve called the incarnate
natur to hynde fleshe.

Take of the best turpentine, and wash it in very faire water untill it be very white, and then put out the water from it, and compound it with the yolke of an egge or two, and put in dust of frankensense and saffron very fine beaten, and so woyke them altogether, and kepe it to your use when you shall neede it.

An astringent salve.

Take pure rosen, rosen, Bole armoniacke shepes setvet, bared setvet, of ech i. pounce, beate the rosen and armoniacke into fine powder, & searse it through a fine searce, then take turpentine halfe a pound, boile all these together upon a soft fire, & stirre them well all the while that they lye, but put not in the turpentine untill it be readye to take from the fire, for it muste have but one boile, and so imploy this salve to any soze wound and it will heale it in short time.

To make a drawing salve.

Take bared setvet, and melte it, and put in as muche oyle of lins, as muche rosen and ware, boyle them together, then let it stande, and put in some turpentine, & so straine al through a linnen cloth, and kepe it to your use.

Also take an ounce of ware, two ounces of shepes setvet, halfe an ounce of Olibanum, halfe an ounce of rosen, two sponesfulls of of hony, two handfulls of younge docke leaves, and take and put them into 3. or 4. olde docke leaues close wrapped together, and so roste the yong docke therein, and when the docks be roasted, put in your gums thereto.

A salve for aching.

Salve

Take as many Brambell leaues, as when they are thired come to a quarter of a pound of sage, of valerian, of eche of them a quarter of a pound, also as much of spere, as much of the butter, halfe a pounce of rosen, then put them into a thiller, and boyle them altogether a good space, and then straine it through a faire clothe, and so kepe the salve till that you haue neede thereof, and this helpeth.

The making of a salve to bring woundes
that be cankered & blynde, and to
cease the swelling & aking.

Take the iuice of smallage, and the iuice of pety mozell, and the iuice of plantaine leaues, of eche a like much, then take hony and the whitenes of an egge, alike of eche of the same as of the iuice, and meale them all on the fire, and put thereto flower of boulted wheate, and stirre them well together till it bee some deale thicke, and then let it come nye no fire, but lay it to the wound all calde, and it will cleanse the wounde and cease the aking and the brenning, and bringe them in his time, and heale him faster for ener, & this is a principall salve for sores or woundes: prouise,

To make a salve and it is a precious ointment for woundes.

and for blyndnes but it must

be drunken in wyte wine

or ale etc.

Take of the herbe walter, robart, wynds shillles, purletworke, veruaine, daylie, & litle knapworke, egrimony, hartes tongue, bozehounde, pimpermell, herbe tuie, sanigell, plantaine, mede worke, sothernewood, litle burnet, mrogworke, tansie, the holpe thistle, bettony, turmentile, mounseere, pelnet, milfoyle, ribworke, blacke thistle, wylde sage, cropps of heurpe, cropps of the red harnble, cropps of the red twortes, mois diabol, groundswellpe, scabions, sage, violet of the garden, olmond wachas of the mede, furoitory, dawke, spinage, strawberries, and the more daylie, mabe march, walls cropps, pengel, woodrigne, reofer, fermander, ruffaire woodbinde

The pathway to health.

pound. Beuillon, flower of S. melting for the most part, sea
 water, is a task of auerit as with of bones of all the other be-
 b. s. and then to be form and set them in a masser, and flau-
 tie a small, and out thereof, let 4 pounds of maye butter cleane
 clarified and put together, and so let them stand 7 dayes, then
 do it in a cleane pan, and set it ouer the fire and let it seeth soft,
 then straine it through a canuas cloth, and do therein the ioyce of
 saffron, and stir them well together, and let it stand forth til it be
 co. d. then must a lict take ther of on this manner: take of this salue
 c. d. weight, and do it in warme wine or stale ale and let it melle
 on the fire, & let the sick drinke it first and laste, and this healeth

Take halfe a ft of Lignum vite, and barke therof, and mace,
seale honyes, and boile all these together, and half a pint of cla-
rified hony, and all kinde of cold herbs, with Rind wort and harts
tongue, half a quarten of French barly, and half a pounce of the
new king of the Iunke, butt out the stones of the reynons, and boile
all these together betwixt wine and water, and it will helpe
that suffocate in the doop.

Take white lead, ceruse, liarge of gild, and liarge of silver, of
each i. vnce, sulphur i. vnce, mire them together, and make them
in powder, take white lead, and take white lead i. vnce and a halfe, vi-
neger, white wine, as much as needeth, mire in one p. opozition.

Take a little fine flax, and a little hogges grease, and chop them together, and make a plaister of the same, and it will heale it very well and faire.

**An instrument for all manner of files & cutters
and chisellers and heat.**

J. C. R.

Take melilot, egrumery, of eche a like muche, wood biffanye, two, melwood, & smalladg a quantity of ech of them, & gather them in may, and thred them and beare them with as much butter waight for waight as the herbes all together, and the lay it in a copper pl. or vii. dayes untill it bee soope, and then take it and fyre it, then straine it into an erthen pot, & when it is colde make an hole in the doz o; bottom of the pot, that the dole may runne out.

An other for the same.

Take a good quantity of smalladg, & milkewes, and put there, ii. pomes of bores grease, and a pound of butter, and oyle of wentes seere a quantity, and straine them well al together, then fyre them, and straine it in an erthen pot, and kepe it to your vse.

A water for to heale an olde soze.

Take a gallon of running water, and set it on the fire, and let it seeth, then take an vnce of grene copperas, ii. vnres of Bole armoniacke, whyte copperas the quantity of halfe a nutt, and grinde o; beate them al to powder together into the said water, and let them seeth together a litle while, then take it from the fyre, and when it is cold, put it in an erthen bottle, and stop it fast, and then occupe it at your neede.

A soueraigne water for all manner of sozes.

Take red sage, flout, rosemary, red seune, baylies, english saffron, neppe, and allam, of ech a quantity, but most o; baylies keth them in running water, and to yunge it through a clyt, and so make a water, and this is good for al sozes.

An oymment to cleane olde stinking sozes.

Take the iuyce of selidon, the iuyce of plantaine, hony, & yolke of an egge of eche a like muche, barleye flower, mixe them together, and put as much barleye flower as shal make it thicke like a plaster, and let it couer nere a fyre, and so laye it upon the soze.

A good oymntment to clemse a soze both
old and newe.

Take halfe a l. of turpentine, and wash it wel in barley water, the yolkes of vi. eggs newe laide, hony of roses sitt. vneces, and so; lacke of hony of roses take other hony, barley flower as much, as shalbe sufficient to make it thicke like a plaister, and meddle them together, and let them not come nere anye fire,

To skinne the flesh that is razer.

Take a quarte of good ale, and allam honye, and woodbine leaues, and stampe the leaues, and put the suppe to them, & seeth them til they come to a pinte, and when it is cold, wet a graye paper in it, and lay it to the soze.

For all maner of scabbis.

Take Enela campana, red docke rootes, nightshar, woodbine leaues, and then cast in a piece of allam and put in Vitrioll romana rubysied, when it is cold, and washe the scabbe therewith.

Also take whyte oymntment, bym stone, quicksilver, verdigrease, and meddle them together, and therewith annoynt the soze scabbe.

For to do away scabbes.

Take red docke rootes, pimperl, scabions, fozell de bayes, feldine, stampe them with may butter, and sye them well together, and straine them throughe a cloth into a cleane vessell, & cast thereto a good quanty of bym stone in powder, and stirre it well together till it be colde, and therewith annoynt the sicke till that he be all hole.

Also take the roote of horsehelme, and seeth it in water till it be newe, and take olde sheepes tallowe, and meddle them well together

together in a moyter, and do it in a linnen cloth, and annoynt the soze by the fire.

Also take selondine, and powder of bzimstone, and meddle them well together, and it will do away the scabbes.

Take onions, and mince them, and seeth them in water or in vineger, and washe therewith the scabbes, or itching, and it shal do it away, and heale it faire and smooth.

A good oymnt for the scabbs, and
for itching of the body.

Take liii. vnces of oyle de bay, and an vnce of frankensence, and ii. vnces of whyte ware, and iii. vnces of swines greafe, and an vnce of quicksilver that must bee slacked with the fallinge spittle, an vnce of greate salte, as much of the one as of the other and of all these make an oymnt, and if the scabbs or itch be vpon all the whole body as well aboue the girdle as beneath, the when thou goest to bed wash both thy handes and thy feete with warme water, and battle them well therein by the fire, and after drye them with a cloth of linnen, then take vp with thy fingers of that oymnt, and do it in the palmes of thy handes, & on thy soles of thy feete, and rubbe it well togetger that it maye drinke in well, and if it do soke in well, thou must put gloves on thy handes, and sockes on thy feete, and thus do euery night when thou dost go to bed, and if the scabbe or itch be aboue the girdle and not beneath, then annoynt but thy handes, and if the scabbe be beneath the girdle, then looke that you annoynte the soles of your feete, and the scabbe or itch be in al thy body as well aboue thy girdle as beneath, then thou must annoynt both thy handes and thy feete as thou listest by the fyre, & thou shalt see the same: this hath bene proued.

An other oymnt for a man
that is scabbed.

Take v. or vi. handfulls of horehound, and seeth it in running water till it be halfe sodden away, and then washe the skin therewith as hot as be maye suffer it, and then looke that you
bath.

haue ready this oymnt made of these herbes, take the roote of the red-rockes, and the roote of selidon, and then take worme-wood, and alleluna of ech a like much, and bray them wel together, and bothe to a good portion of may butter, and stampe the well together, and so let the stande vii. dayes, and then sepe it, and straine it as thou dost an other oymnt, and there with anoynt the sick when he is washed: and he shalbe whole.

For the shingles a remedy

Take bowes-dirts that is mossye, and of barlee meale heap-
ped halfe a pound, and stampe them wel together, and do
thereto halfe a pinte of vineger, and medale them together, and
so lay it to to the sore cold, lay rawle bandes there vpon, and so
let it lye iii. dayes vncrouned, and on the iiii. day if neede require
lay thereto a newe plaister of the same, and at the most he shalbe
whole within iii. plaisters.

Another for the shingles.

Take the blood of a catte eare, or of the taile, and thereto the
annoynt the shingles, and do nothing else thereto. Also take
dooges dung, and barlye meale, and stampe them together,
with ayell, and lay it to the shingles al colde.

For al manner of kindnes that are thoptened.

Take the head of a blacke sheepe, camemille, lo:rell leanes,
sage of ech a handfull, and bray these herbes in a mortar,
then boyle them al together in water til they be wel sooden, and
let the stand till that they be colde, then drawe it through a strai-
ner and so vse it.

An oymnt for shynken kindnes and aches conersigne.

Take viii. swallowes rede to flye out of the nest bringe them
the breeders when you take them out, and let them not touch
the earth, stampe them untill the feathers can not be perceived,
put to it launde: cotton of the Gringes of strawberies, & toppes
of

of mother time, the topps of rosemary, of ech a handfull, take all their weight of may butter, and a quarte more, stampe al the feathers that nothing can be perceiued, in a stone mortar, the make it vp in bales, and put it into an erthen pot for viii. dayes close stopped that no ayer take them, take it out, and on as softe a fire as may be seeth it, so that it do but simper, then straine it, and so reserue it to your vse.

For synowes that be broken in two.

Take woymes whole they be knyfte, and looke that they departe not, and stampe them, and laye it to the soze, and it wil knitte the synowes that be broken in two.

For to knytte synowes that be broken.

Take archangell, and cut it small in goblets, and lay it to the soze, and take millespale, and stampe it, & lay it saboue it hard bound, and let it lye so iii. dayes, and at the iii. daies ende take it away, and wash it with wine, and then make a netwe plaister of the same, and at iii. dayes ende put thereto an other, and do nothing else thereto.

Also take penyrcall, and bray it, and put salte inough to them, and temper it with hony, and make a plaister thereof, and lay it vpon the synowes that be stiffe, and it wil make them to stretch.

An oyle to stretch synowes that be syncke.

Take a quarte of neates fote oyle, a pinte of neates gall, halfe a pinte of rose water, as much Aqua vita, then put al these together into a brasle panne, the take a handfull of lauender rotten & as much of bay leaues, a good quantity of rosemary, a good quantity of lauender spike, of strawbery leaues & stringes and al, the take theye and bind them al in seueral branches, and put them into the panne or pot, and let them ouer the fire vpo cleare coles with the oyles al together, and so let them boile a good while, & when it is boyled inough, it wil boile but softly, then take it of the fire, and let it stand til it be almost cold, then straine it out into a wide indursted glasse, bottle or pewter pot and stoppe it close, it wil not contineue in no wrodden thing, & where the

Bb,

synowes

synnetwe & be chaunte, take of this being warmed, and annoynt the place therewith, and chafe it wel ag inst the fire, and use this morning and euening, and kepe the place warme, and you shall finde greate ease.

For to stanche bloud.

Take Bole armoniacke, and turpentine, and make a plaister, & lay it to. Also take the mosse of the hasell tree, and cast it into the wound: it will stanch forthwith, & the longer y it is gathered the better it is. Also take a good piere of martinmas biese out of y rouse, & beate it on coles, & as hot as he may suffer it, lay it thereto. Also take a piere of leane salte biese, and let the biese be of that greatenes that it may fill the wound, & lay it in the fire in y hot ashes, til it be hot throug, & al hot thrust it in y wound, and binde it fast, and it shall stanch anon the bleeding, when a maiſter baine is cut, and if the wound be large.

For to stanch bloud.

Take Bursa pastoris, stampe it, and lay it to the baine, and it will stanch bleeding.

Also take the mosse that groweth about the roote of the ashe tree, and hold it to thy nose, & smel it, & it will stanch y bleeding. Also take rawe biese that neuer had salte cast on, and set a gyrd upon on fresh coles wel kindred, and lay the biese thereon, and turne it, and bzoyle it wel and then lay it to the sore, and it will stanch the blood, and for the nose to be put in a cloth, and to smel to it: poured.

For to stanch bloud.

Take an herbe that is called Lunaha, and stampe it, and lay it to the wound, or take the grene leaues thereof, and lay it on the wound, and it shall stanch, and if a man may not haue this herbe, let him burne the fethers of a cockes necke, and take the ashes of them, and lay on the wound, and the blood shall soone be stanchen.

For:

For swelling that cometh suddenly in mans throuet.

Take hartes tongue, cherfoyle, and cut them small, and then take breeges of ale, and wheate branne, & sheepes fallowes molte, and do all in a pot, and seeth them till that they be thicke, and then make a plaister, and lay it to the swelling.

Also take faire water, and salte, and stirre them well together, and therein wet a cloth, and lay it to the swelling.

For to make one slender.

Take fennel, and seeth it in water, a very good quantyty, and wyng out the iuyce thereof when it is sod, and drinke it first and laste, and it shal swage either him or her.

For to breake the stone a medicine.

Take halfe a handfal of pellytorp of the wall, halfe a dozzens persley rootes, halfe a handfal of vnset time, a quantyty of pennyshal, and seeth al these in a pottle of rennish wine or whyte wine, and let it seeth to a quart, or a pinte w^{ch} ye will, take a nutmegge rosted, and drie it by the fyre, and deuide it in 4. partes, and drinke þ same warme, after it is strained, as much as you thinke good.

Also take the rootes of persly, pellytorp, and red nettles, of ech a like quantyty, wash them cleane, and mince them smal, and lay them in whyte wine, xxiii. houres, and stil them al together, & drinke it, w^{ch} ii. pound of rootes put to a quart of white wine.

For the stone a remedy.

Take reysons, vnset lokes, sappifrage, samphire, auence, bene codde, stil ech one by it selfe, and fine them in the sunne, & take of ech a like much, and put thereto as much malmis as of þ waters, and stil them altogether againe, and fine it in þ sunne and when the patient is greued, & at no time else let him drin of the water 3. spoonefuls, and that is sufficient at one time, &

Wb. ii.

heate

beate it luke warme, & put in a litle pouder of gines, and drinke it, and lay him do lone to sweate. Also take sapifrage, and still them with water, and make thereof aspyrope as though it were with roses, and put thereto a quantity of suger, and cate it, and it will bryake the stone maruelously.

A medicine to bryake the stone.

Take a cake of rye, and bake it, then take onions, and roast the very softe, then take your cake out of the oven, and slit it asunder in the middell, the upper side from the nether, then take your onions, and pil them, and shread them vpon the cake, and lay the one piere to the pottome of your belly, and the other piere to the raines of your backe, and it will helpe you.

A good pouder for the stone.

Take smalladg seed, louach seed, fenell seed, sapifrage seed, caraway seed, gromell seed, byamie seed, persly seed, Philopendula the roote thereof dried, bernaine, and the rissnells of cherisones, of euery of these a like much by weight, then beate the in a brassen moyster al to pouder, and then let the sicke vse of this in white wine at euen and at morrowe, and also in his pottage of this pouder, and this is good for the stone.

A good medicine for the stone and to bryake it.

Take allpander, louach, smalladg, water cresses, and gromel, of ech a like much, and boile them in a gallon of faire water til the halfe be waisted, and do thereto a good deale of suger, or of sicoris, and then straine it throue a cloth, and do it in a cleane vessell well stopped, and let the sicke drinke thereof morning and euening, and this will bryake the stone in the raines or bladder and make him soe to come out without faile.

A good medicine for the stone.

Take march seed, and anneiseed, & couin seed, & persly seed, & fenell seed, and water cresses seed, or else the pouder made of the herbe, then take al these seedes, & do them in good vineger, & so let the stand ii. daies & a night, & then dreyse these seedes in

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an oven, and then make them to powder in a brassen mortar, and then lette the sick use of this powder in his pottage, and in this drinke as is aforesaid, & this will make a man to make water wel.

A good plaister good for the strangury.

Take holly hokes, and violets, & mercury, the leaues of these herbs, or the seeds of them, also the rinde of the elberne tree, & also leydwort, of ech of these a handfull, and beate them small, & seeth them in water till half be consumed, then doe thereto a litle oyle olive, and all hot make thereof a plaister, and laye it to the soze & raynes, and also in somer thou must make him a drinke in this maner: take sapifrage, and the leaues of elberne, 5. leaved grasse, and seeth them in a pottell of stale ale till the halfe be wasted, and then straine it and kepe it cleane, and let the sick drinke thereof first and last, and if you lacke these herbs bycause of winter, then take the rootes of 5. leaved grasse and dry them, & make thereof powder, and then take oyster shelles and burne them, and make powder of them, and mixle them together, and so let the sick drinke therof in his pottage and drinke, and it shall helpe him.

To make a powder for the stone and strangury.

Take blacke bramble berries while they be red, ivy berries, the inner pitch of the ash keys, the stones of egplantine berries, a clouster, rutted from the haire, nut keys, the roots of Philopendula, of all these a like quantity, acorn kernels, the stones of foles, of ech a like quantity, dry all these on platters in an oven till they will be beaten to powder, then take gromel seed, sapifrage seed, alifander seed, colliander seed, persly seed, comin seed, fenell seed, annysed, of ech of these a like quantity, as much as is best to write ten, and dried in like sort, then beate all these to fine powder, and take licorice of the best that you can get faire scraped, as much in quantity as of all the other, and beate it fine, and mingle it with the same powder and so kepe it close that no winde come at it, being it first and last with posset drinke made with white wine or ale, and when you eate your pottage or other broth put some in it.

if you be soze payned, and if you haue anye stone, it will come away by shiners, and if it doe so, when you thinke that your water beginneth for to cleare againe, take this drinke that followeth, and it will cleanse your bladder, and it will leaue no corruption therein.

The drinke.

Take rosemary, wild thyme, and saeth them in running water, with as much suger as will make it swete, from a quarte to a pinte, vse the quantity of your herbes according to your discretion, so that it maye saue well of the herbes, and so vse it 9. morninges & 7. spoonefulls at a time,

For the tifficke well proued.

Take a handfull of fennell roots, as much persly roots, as many alexander rootes, half a handfull of boyrage rootes, and put out the pith of all the said rootes, then take halfe a handfull of pennyriall, as much of violet leaues, & as much of cinckfoyle, as much succary anaine, holly hocke leaues, mallowe leaues, and redde garden mints, o' all these the like quantity as of these nexte befoze, halfe a handfull of hircys stickes scraped, byused and beaten to fine powder, a gallon of faire running water, boyle therewith all these simples, and boile these seeds with them, that is thise spoonefull of annysseeds, as much fenell seede, the like of collianber seede and comin seede, a good handfull of dandelion rootes, & so boyle all together from a gallon to a pottell, and lette the patiente drinke thereof first and last, and it will helpe him in shoyt space: proued.

Another for the tifficke.

Take a quarte of runninge water, with a good handfull of fennel, 2. unces of annysseeds, as much hircys beaten both together, halfe an ounce of fenell seede, beate all these together very fine with a quarter of white suger, and so boyle them all together.

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gether vnto a pinte, and then straine them, and so let the party
drinke thereof first and last, and it will doe him good.

For a tickle of cold another.

TAke 2. vneces of licozas scraped and brysed, of figgs 3. vneces,
of egrimony, horehound, Elena campana, of eche a handfull,
and boyle them all together in a gallon of water vnto the half be
waisted, then straine the herbes from the iuice, and vse it early &
late, for this hath bene proued.

Also for the dry tickle, take and stampe fenell roots, and take
the iuice thereof, and drinke it with white wine.

For the tickle another experiment.

TAK radish rootes, make them cleane, and cutte them thynne,
— and caste them into an oven and bake them, and beate them
into powder as small as you maye, then drinke thereof euery
day fasting, and laste to bed, and wet your meat in the same pou-
der as you woulde doe in salte, and it will doe you verie greates
ease shortly.

To make the mixture of treackell.

TAKE a pinte of honye, put thereto of the iuice of redde fennell,
sethe it on the fire vntill it come to a pinte, then take it of, &
and put thereto a penyworth of cinamon in powder, two rasies
of ginger, a nutmegge and a litle mace, and stirre them wel to-
gether, and when it is colde put it into a bore, and gather your
fennell in may.

Also to make treackell for al manner of poyson, take i. vnice of be-
soly in powder, & 4. vneces of centozey in powder, & 2. vneces of
powder of rebe, and medle on these together, and temper them
with clarified honye, & kepe it in a glass of bore.

The golden treate that healeth all humors.

Take:

Take colofonye, pitch and roffen, and two vnces of oyle, three vnces of liquide pitche, one vnce of Olibanum, Auri vnguenti allam, of ech two vnces, of wyne as muche as sufficeth, and boile all these together, and so receiue them to your vse as you neede, et sic.

For to make a white treate called
Apostolicen.

Take oyle olline, litarge of lead, gold and silver, stamp it and put it in the oyle through a cloth, and stirre it till it be hard, and this is a good treate for to heale al manner of wounds be they new or olde: it hath bene proued.

To make a treate called Emanuell.

Take beruaine, bittany, pimpermell, centozp the more, Gratia dei, of ech one handefull, herbe John, auence, celond ine, acus muscata, alleluia, planten, spurg, egrimony, of ech i. handful grind all in a mortar, and put them in a gallon of wine, and boile them in a pan till the thirde parte bee wasted, then straine it through a canuas cloth and set it ouer the fire, and put thereto waxe 4. vnces, pitch as much, roffen as much, Olibanum 2. vnces, masticke 2. vnces, mirrhe as much, aloes as much, turpentine 2. vnces, shoyes sewet half a pounce, beate them all in powder and boyle them all together saue the turpentine, the which must be put in last, then straine it through a cloth and kepe it till you haue neede thereof. and this is a speciall healer of all woundes and sores, bruses and broken bones. and postumes that bee broken, also it dooth cleaseth and regendeth good fleshe, it healeth and doth awaye all arches, and canckers and fessers, it healeth moynales, it passeth all opintmentes, and if you will haue it softe put there to oyle of roses as ye made thereof: proued.

A good emtreate called the greene
treate of Iane.

Take

Take a pinte of the iulce of smalladze, a pinte of the iulce of waybright as much of plantaine, put them together in a vessell and put to it a quarter of a pounce of ware, and as much of frankensence or rosen made into pouder, make your ware into small pieces and boyle them all together, and euer stirre them, to knowe when it is boyled inough, droppe a droppe vpon a baslon, and if there be any moisture in it when it is colde, then put to it a pound of turpentine, and stirre them til they be well medled together, then straine it, & put into it a quart of white wine, and let it stand till it be cold and so vse it.

Another entreate called Gratia dei.

Take ware, may butter or other butter without salt, of eche 1. vnce, then take of frankensence 2. vnces, mixt them together, and straine them, and this is the making of this entreate which is called Gratia dei.

A good entreate for wounds.

Take bittany, pimpernell, and bernaine, of ech a good handfull, boyle them in a pottell of verge good white wine untill it bee halfe consumed, then straine it through a course canuas, then put the licour over the fire againe, and in the boyling put to it half a pound of rosen, a li. of frankensence in pouder, & alwayes stirre it that the powder goe not to the bottome, and when it is taken from the fire put to it half a li. of turpentine, and a dram of oyle of spike, and stirre it till it be cold.

A grene treate for a grene wound
which is speciall good.

Take rosen made in fine pouder 4. vnces, of shepes sewet one vnce, halfe a pound of turpentine, ware, and frankensence, of ech one vnce, verdigrease 10. pence weighte, oyle 6. vnces, beate your frankensence and verdigrease, & put to all your other stuffe ouer y^e fire in a vessell, but your turpentine & verdigrease let them
Cc. boyle euer

uer stirring them till they be all relented, then take it from the fire and straine it well, and then put in your turpentine eader stirring it till it be relented, then put in your verdigrease, and mixe it well with the other, and straine it, and kepe it to your vse, & will helpe you.

The making of this treate which will endure
an C yeare, and it is good for all ach
in the bones, and for the si-
nowes.

TAke a pottell of meate oyle, and frye it with maddocks as many as he may, for they bee dyce and harde, then wrings out the oyle, and doe them away, then doe thereson 2 li. of sheps fallowe that is newe, and melt it, and halfe a pound of ware, as muche rossen and frankencense, and breake them small, and cos them into 6 oyle so: to be melted, then take 6. handfulls of hocks and of celondine 4. handfulls, and 4. handfulls of Enela campana, and of plainfaine 8. handfols, and of the rose of Enela campana cleane picked 2 pound, and so bray them small as moztel then do to these herbes and roses a pottell of good white wine, and so let it stande a day and a night, then straine out the licour, and doe it into the oyle before that they seeth them, and set it oner the fire, and let it seathe the space of foure howers, then take it of the fire and do it in a cleane bosome, and so let it stande till it be all cold, & then take it vp and do away the water and the slime, and if it bee too harde doe in more oyle, and if it be too soft doe thereto more ware and rossen, and of frankensence, and seathe it againe, then do it in bores and kepe it well, for this is a pretious treat or ointement for all maner of ach in the bones.

The making of a treate the which is called
Oxiocochlie.

TAke a quarter of a pound of mede ware, as muche of pured rossen, as much of blacke pitche, as muche of saffron, an ounce and a halfe of masticke, and halfe a quarter of a pounce of frankensence, as much mirrhe, and a quarter of a pound of arpinake, halfe

halfe a quartre of a pound of Galbanum, as much of turme ryse,
then take all the gummes and make them to small powder, and
bzeake thy ware and Galbanum to small pieres, then set them in
good vineger all a night, and on the moirowe set it ouer the fire,
and let it feethe till that the vineger bee waisted somewhat: also
straine it well throughte a cleane clothe into a vessell with white
wine or with water, and when it is colde keepe it by, & then holde
it against the fire, but looke that thou haue thy saffron grounde,
then holde it as thou wouldest holde ware, and a litle and a litle
temper the saffron thereon, and meele them well againe the fire
til the saffron be melted in the gummes, but thou muste anointe
thy handes with oyle of lawrell that it cleame not to thy handes,
and doe it where thou wilt, and this trea is good for all sores
and bzausers in any lim of man, it destroyeth hairs apollimes, and
it is good for broken bones, and for the surgerye of salern, who
vied this medicin for small woundes that were not healed, and
this will open a soze, and will heale him well and saye againe:
proued.

To make Vnguentum albanum.

Take a pint of oyle olive, and thereon halfe a quartren of war,
and set it ouer the fire til the ware be molten, but make it
into small pieres, then take halfe a pound of ceruse, and an ounce
of mastike, and one ounce of libanum, and a litle camphire, take
and grinde all these small, and caue it into the oyle, and stirre it
well together till it be nyghe colde, then take the white of fower
egges made into cleare, and put thereto a saucer full of vineger,
and stirre all this well together, and vse it in bores, & this oint-
ment is good for to anoint all sores without the wound, but ap-
ply it not in the wound, for this is a good colde ointment,

To make Vnguentum album another way.

Take v pint of oyle oliaz, & halfe v pound of Diacome, anny
seed a prety quantity, and put them together, and put thereto
C. ij. all of

of seruſe ſmall grounded, and then boile them all together a litle, and ſtirre them alway till it be cold, et fac vnguentum,

For to make Vnguentum popyleon

Take three or 4. pound of poppy ſeed, & 2. or 3. pound of herbe walter, 1. pound of herbant, and 1. pound of pety morell, & 1. pound of orpine, and 1. pound of ſingrene, and 1. pound of endiue, and 1. pound of plantaine, and 1. pound of violets, and 1. pound of water cresses, and 1. pound of mandrakes, & 1. pound of pennywort, take all theſe and ſtampe them in a mortar, & do there 3. or 4. li. of barrowes greaſe moltren, and binde them well together, and then ſet them in erthen poſ well cloſed in a moiſt place, and ſo let it ſtand 9. daies, and on the 10. daye ſet them on y fire, and doe thereto a quart of white wine, and let them ſeth wel together, and then tozing them through a ſtrainer a litle and a litle till it be cold, and when it is cold use it in bores, and this oymment is good for many ſoyes.

For to make Vnguentum geptiacum.

Take a ſacklinge worthe of honye, a ſponefull and a halfe of ſinager, of greene copperas a ſmall quantitey, a piece of albanum, and if you will make it eaſelye put thereunto ale or els womens milk, and this oymment is good for all ſoyes and woundes both newe and olde.

For to make Vnguentum ruptionum acchy.

Take Cantarides and make it into ponder, and as much of braked lynte and of blacke ſoye as of all the other, and make all theſe in maner of a plaister, and lay it to the ſoye as broad as thou wiſt haue it broken, and no broader.

For to make Vnguentum virilinum,

Take an unce of liſtarge, half a li. of maſtich, halfe a li. of ceruſe, an unce of camphire, half an unce of the ſtone called calamine.

End.

and make al these to final powder, and do thereto halfe a pound of mede ware finall broken, and then do thereto a pinte of the iuyce of eemrose, and put al this in a pan and set it ouer the fyre, and let them seeth til they be molten, and alway stirre it, and then take it from the fyre and let it stand til it be cold, this ointment is good for a man that is scalled on his yarde with fyre, or on his bodye or on his visage, or on anye lymme of a man, and for al scolding, and this is good for woundes and for many other pryncy maladies, and this is a pycious oyntment.

For to make vnguentum delerofica.

Take a *℞*. and a halfe of purified hony, and a quarter of a *℞*. of berdigrease smal made into powder, & a good saucerful of vinegar, cast all this together into a panne, and boyle them well together til it become red, and alway stirre it wel, and then be ware for it wil haue many coloures, for it wil be red, then do it in boxes and it wil be hard, and after it wil relente againe, and then do thereof into the rotted wound, & annoynt the soze therewith, & it wil do alway deade flesh and other corruption, & this is a good oyntment for to cleanse, & for to make *℥* flesh for to growe.

For to make vnguentum geneste.

Take ii. *℞*. of the flowers of bramme, & a *℞*. of *℥* flowers of wood were, and a pound of oresslipps, & bray them in a mortar, & do thereto iiii. pound of may butter, and mingle them wel together, and so let them stand for iii. dayes, and for iii. nightes, and then do it in a paune, and frye it wel on the fyre, and the wyng it thzough a cloth and do it in a boxe, this oyntment is good for al cold goutes, and for other cold euills,

For to make vnguentum penetium.

Take a gallon ful of blacke snailles gathered in the betwe in *℥* monethe of may, and do them in a linnen bagge, & when ye haue the snailles-loke that ye haue ready then a pound of *℥* powder of comin, and an other *℞*. of dill, and meddle these powders amongst *℥* snailles, & hang them by. *℞* set vnder a cleane vessell, and

and kepe well the oyle that that cometh of them: and then take the oyle, and keth it on a softe fire, and do thereon a quartre of a pound of the marowe of a horse legge, and seeth it with the oyle, and then do it in a glasse with that oymntment, and annoynt any man or woman that is so troubled with the gout, and he shall bee whole by gods grace.

A good oymntment for to heale woundes.

TAke auence, bugle, pigle, and savigle, and smalladg, and herbe roberte, and veruaine, and herbe water, and wey, brebe, and ribworste, and baylies, and holy hocke, and Lig, ni serpentini, and red catle, and the cropps of bzier, of e uery one of these a pound, or at the least halfe a l. then take these herbes, and stampe them smal in a mortar, then take may be for ii. pound, and ii. pound of barowes grease, and stampe them wel together, and then do these in an erthen pot, and let them so stand for ix. daies, and on the x. day, do them in a panne, and seeth them on the fire, and let it sceth easely a good while, and then to rag a litle and a litle through a strainer, and then take them, and put it into the panne againe with a quarte of whyte wine, & halfe a pound of mebe ware, and a pound of sheepes tallow, and a quarter of a pound of frankensence, and a quarter of a pound of purified hon, cast al these together into the panne, and then set them over the fire, and seeth them wel together a good while, and then set it downe, and let it so: to keele, and then do it in bores, and this is a sperdy oymntment to heale al manner of sores and woundes be they neuer so greate: this hath bene proued.

If thou wilt heale woundes well and cleane, take
with the dyinke of balle then take
of these herbes to make
the balles.

TAke a pounce of pigel, and a quarter of a pound of saugell and halfe a pound of bugle, a quarter of a pound of futen-
tile

tile, halfe a pound of auence, a quarter of a pound of monfere, a quarter of a pound of sentoyle, a quarter of a pound of relwe, a quarter of a pound of Juie, a quarter of a pound of wilbe sage, and halfe a pound of daisie, a pound of herbe roberte, a pound of herbe water, and a quarter of a pound of herbe John, a quarter of a pound of egrimony, as much of violets, as much of straw berries, and halfe a pound of ribwoode, and halfe a pound of wepbrede, and a quarter of a pound of the greate daisie, and halfe a pound of spignell, and halfe a pound of bettony, a quarter of a pound of hemp, and as much of red byer croppe, and as much of the blacke byer croppe, halfe a quarter of the red nettle, and halfe a quarter of the red cawle, and a quarterne of verbaine, as much of burnet, and as much of scabions, take al these herbes and shred them small, and then do them in a mortar and grind them all to flower as thou wouldest do veriuce, then ming'e of madder the waight of all these other herbes, and grinde it with these herbes, and then let them rotte together, for v. dayes and v. nightes, and then make thereof small balles as bigg as a walnutt, and drie them in thin platters couered one ouer the other, and set them in the sunne so that there come no ayer thereto by no waye, and who so hath a greate wound then take one of these balles, and crumme it into a quarte of whyte wine, or of stale ale, and let him drinke thereof ech day first a litle quantyte, and to wash his wound iii. times on the daye with whyte wyne, and if that you haue no whyte wine, then take the iuyce of auence, & let come none other cyntment at the wound but the iuyce of auence, and therewith wet well the wound al about, and thus y^e maye heale and saue every olde wound be he neuer so horrible & fettered, and if there be in the wound any dead fleshe, thou must do thereon the pouder of sandeser, or else of burnt allam, for that wil frette away deade fleshe, and these balles wil heale the woundes.

For to open a wound that is closed too soone.

Take the leaues of the whyte plumetree, and the milke of a
goate,

Soafe, and stampe them together, and make a plaister thereof, & lay it to the soze, and it wil open it wel, and it wil do away the rancheling.

Also take sentory, stampe it and lay it thereto, and it wil open any wound faire and wel.

Also galbanum is good for to clense a wound & for to kepe it open.

To heale a wound.

Take turpentine as much as you thinke to serue your turne, and put it into a dish, with cleare water, then take a Ricke and make it flatt at one end, and with that brate & turne your turpentine in the water till it be very whyte, then put the water cleane from it, and put to it halfe as much yolkes of eggges as is of the turpentine, and meddle them wel together, and minister it when ye neede, put not this in any treane hose, for it wil soke through, you may kepe it in a bladder.

For a wound in the head a good mundificatife.

Take honey of roses ii. unces, oyle of roses an ounce, meddle them together, and put it marne into the wound with lynt and a plaister vpon it, it is a good mundificatife.

For ache in a wound.

Take the rofes of bzian, and pare y^e better skye, and beate the in a mortar and in faire running water, and straine it, and warme it and lay it as hot to y^e wound or ach as y^e party may suffer it, first wash the wound faire, and then lay it to y^e wound.

To make a water for a cut or wound.

Take a pottle of faire running water, and seeth it on the fire, and let it seeth a whyle, then take ii. lb. worth of whyte copper as, as much of Bole armoniacke, and 4. lb. of camphire, & beate them al together in powder, and pat them al together into the

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the water, and let them seeth a litle whyle, and then take it of the fire, and when it is colde put it into a glasse dzosse and all, and when it is occupied poure out a litle into a saucer of the clearest water, and none of the bottome of dzosse, and set it vpon the roles and wash the wound as hot as he may suffer it, and then take a litle linnen cloth, and double it iiii. times double, and wet it in the water and lay it to the wound as hot as they may suffer, and binds it fast.

For a cut of wound.

Take a gallon of running water, and put thereto a pinte of honey, and a quarter of a lb. of rock allam beaten in fine powder, and let them seeth together, and scumme them cleane, and put thereto a handfull of woodbinde leaues, a handfull of sage leaues, a handfull of selondine, and seeth them all together til the halfe be consumed, then take it from the fire, and straine it through a canvas cloth into an other cleane vessel, and then put thereto a peniwort of graines, and let them seeth a while together, and then put it in a faire glasse when it is colde, this is a pincipal medicine.

For to heale wundes and to knit and
heale broken bones.

Take bettony, bugle, saugel, pimpernel, milfoyle, strawber leaues, opia sage, monardella, emerose, fassie, sotherne wood, herbe robert, herbe water, egrimonie, plantaine, solcircel, a nence, madder, daisies, camphrie, osmond, the crope of the red cole, the crope of the red byter, the red nettle crope, of the crops of hempe, take of ech a like much saue of the madder by weight, then take these herbes & stampe them smal, and take may butter made of rawe cream, ewe milke, w. bewe water of may, and if you can get no ewe milke, take the butter of cowe milke of the yellowest it may be found, for it is better then the white, & take a quart of butter, halfe a quarterne of mede ware, and melte the butter and the ware together, & when they be molted, let the butter and ware run through a cloth, for then is the butter clarified from the ware, and spread the butter and the curdes a sunder

Edo.

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or else it would not do so wel, and then let thy butter keele, and when it is cold, then take and do to 3. ℔. of thy herbes, halfe a pound of butter, & cast them in a mortar, & stamp the smal till y^e you can see nothing of the butter, and then do it in a newe crothen pot, and close it fast that no ayer do go out, and when all is in the pot make it sure that no wormes may get in, nor that no ayer can get out, and then set it in a most place. & so let it stand for ix. dayes at the least, and then it wil be hore about, then take it out of the pott, and do it in a faire panne, and let it on the fire, and scye them well together and stirre it well, and when it is hot inough, take it from the fire, and then wringe it throughe a cloth, and let it stand til it be cold, and then kerne it, and let out the water, and then do it into the panne againe, and melte it againe, and do it by in hores, and kepe it to your ble.

How to make an oyntment salutary
for woundes.

Take of the same herbes before expressed, and worke them as thou biddest the salve, but whereas thou tokest butter to thy salve, take faire barrowes grease and melte it, and it is cold to thy oyntment, and whereas thou takest to thy salve madder, put thereto camemille, and put thy herbes thereto, take to that oyntment of agence as much weight as of all the other herbes, and then shall this oyntment be according to the salve, the one to worke within, and the other for to worke without, for this salve and this oyntment is the most chiefest for all woundes, both to cleanse and to heale, and to knitte broken bones surelye.

To heale all old woundes.

Take plantaine water distilled, and put halfe a pynte of it to an ounce of Mercuri sublimatum, and so stirre them together untill it be dissolved in the plantaine water, and then wash the soze and wound wel, and after wet a cloth in the same water, and cover it cleane over the soze or wound, and use this once a
use.

every daye untill it be whole, and do so from day to daye.

A red water for sores of woundes either
alde or newe.

Take a pottle of running water, a pecke of ashes of ashe wood that is old, and a pottle of taniace that lether neuer came into, and a pound of mocher, a pound of allam, & beate them all in fine powder, and put it in your taniace ix. dayes, and the when you haue so done, take a pottle of the one, and a pottle of the other, and put thereto v. unces of grene copperas, & an unce of ginger, and beate them all into fine powder, and put them all together, and so seeth them to a quarte, thene tak them of, and straine them, and put them in a faire bessel, and poure out the thinnne from the thicke, and lay a wet cloth thereon, and laye it to the wound of sores either alde or newe, and wash them well therewith.

A water imperfall for all woundes, and for canckers.

Take a handfull of red sage leaues, a handfull of selondine, as much of woodbynde leaues, take a gallon of conduct water, and put the herbes in it, and let them boyle to a pottle, and then strayne the herbes through a strayner, and take the licour and set it ouer the fire againe, take a pinte of englishe honny, a good handfull of roche allam, as much of whyte copperas tyne beaten, a penyworth of graines byrled, and then let them boyle all together till it be iii. watomes, and then let the skymme be taken of with a sether, and when it is cold put it in an erthen pot or bottle, so as it may be kept close, and for a grene wound take of the thinnest, and for an old wound of the thickest, couer the sore rather with beale or mutton, skymme them with docke leaues, when that you haue dyessed them with this water,

To make water imperfall a nother way.

Take a handfull of oryagon, of scabions, of endiue, a handfull of pimpernell, a handfull of worme wood, of rewe, of tansye of
Do. ii. sether sores

fetherfoye, of baylie leaues, of coulisps, of maiden haire, of linck-foyle, of banelion, of tyme, of batwne, of eche of these herbes a handful, of treakle a pound, of Bole armoniacke iiii. lunces, and when you haue al these herbes together, you must take and threed them a litle not to smal, then take the treakle, and the Bole armoniacke, and mingl: them and the herbes together, the put them in a stillatory, and stil them: et fici.

For wartes.

For to take away wartes, take the seede of b:long with the leaues, burne them and make ashes of them, and meddle the ashes with the iuice of the same herbe like an ointment, and annoynt them often, and they wil fal of, the donge of an eggle doth the same. Also annoynte the wartes or ringwormes withe the iuice of this herbe wartelwoxe, and they wil go away.

For to do away a wem.

Take and binde fast the weme, then take verdigrease, sulphur, sope, oyle of egges, allam, & hony, and temper them together and lay it thereto, and it shal do away the wem, and also for to heale it wel and cleane within 3. or 4. times dressing.

A soueraigne water against melancholy, and drink to comforte the stomacke and harte

Take a pottle of Aqua vita, and put thereto a quart of red rose water, put into it as much licoris sliced and scraped as you may holde in bothe your handes, but if it be englishe licoris you may take lesse, put thereto as much analysed as you thinke may be sufficient to make it tast wel thereof, steepe al these with a softe fire wel couered with a erthen pot that the ayer do not go out, to your iudgment, til that a pinte thereof be consumed, let it not boile in any case but steepe softly, this done take it from the fire and let it stand and coole, and when it is cold drawe it from the seede and licoris, and put it into a twicker glasse or bottle, but beate it not that your water may be as clere as you can, and when neede doth require occurie it.

The pathway to health.

To make artificiall oyle of balme
for woumdes.

Take balme, reu, fetther foy, fowthiffet, nelfes, bziary leanes, bziary leanes, fage leanes, cinckfoyle, of eche of all thefe a handfull, take all thefe fimples and lay them in oyle of olue all one night, and take that water that cometh of a vine fhalke, and black fnaples, gum arabick, gumfederè, of ech of thefe i. vnce, you muft take the feeds of the afh tree, and beate the feeds and the gummes very fine together. Afterward you muft put the oyle and the herbs into the ftill, and put the powder of the gums vpon the herbes in the ftill, & throw therevpon a quarter of a li. of the oyle of rofes, & 2. vnces of Aqua vita, and fo diftill it with a foft fire, but you muft ftill it at the leaft twice or thre: this oyle will heale all woumdes verie foud.

A grene balme to incarnate woumdes and
to dry up filthy blcers.

Take of fine Aqua vite, Venice turpentine, oyle of rofes, of every of them a pint, boyle them with a foft fire of coales, and after a plaw or two put in of verdigreale made in fine powder an vnce and a half, and boile it to a good perfect fubftance, and fo vfe it to your foie woumdes and filthy blcers, and it fhall helpe them very fhortly.

To make artificiall balme.

Take of gumme elemptin 6. vnces, aloes, mirrhe, caffoze, ap-
ponace of ech vnce, Storax calamita, Olibanum, mafliche,
cacahze, of eche foure vnces, munge Bedellii, gumme of the
figge tree, of eche two vnces and a halfe, make every one of them
in powder by them felues that will be powdered. The fpeces.
Take of Lignum aloes 3. vnces, Zilobalfami, Carpobalfami, fpi-
garde cloues, finamon, Calamus aromatici, Nutt aromatici, nut-
megges, gallingali, fettwell, geynes, Cardomomus bothe the
greate and the fmall, Cucubes, rootes of Cipres, Mustacallaline,
(whie)

which is the codder of the mulke, of ech 2. buces, resopenticon 2. drams, flowers of rosemary 2. buces, Juniper berries, Enela cam-
pana of ech dried an buce, bay berries halfe an buce, beate al these
together in grosse powders, then take of fennell seede, persly seed,
tansey seede, carret seede, roxander seede, carolway seede, of ech one
buce, wormwood, sage dried, basil, rosemary, margerum, penny-
all, mintes, scabios, egrimony. alite quantite of eche, then take
figges of algar, dates the stones taken away, repons of the sun,
of almonds, of ech 4. buces, then take oyle of turpentine 2. pints,
oyle of mastice, oyle benuet, oyle of castore, oile of tartoz, oyle of
vill, oyle of exeter, of ech halfe a pinte, oyle of spike, oyle of nard
of ech 4. buces, pure Aqua compolita the weight of al the former
stufte; and first boyle them in the bodies of 2. limbeckes of glasse
saft luted, with the croves of their covers downward in Balneo
mariz, that is a caudon of water a day and a night, then take of
their capps and set them arighte, and destill it with an easie fire
in these 2. limbeckes all your stufte being deuised by even por-
tions as befoze, late them strongly, and distill them with a softe
fire 6. howers, then in the rest increas your fire by little & little
till the water be passed, then shall you see white oyle, and lasse of
all pettiwe oyle, kepe euery of them by them selves, the fourth is
in the bottom, kepe that as an excellent oymment for all wound-
es, it helpeth to drawe without suffering the wound to putrishe
or cast matter, but confoundeth it, and helpeth it straight.

The vertue of this balme.

It is most excellent for gontes, palsyes, crampes, woundes, a-
kinges, Gnewes cut, hurt or skynke, the fallinge sicknes, apo-
plexia, the turning of the braine, the bitinge of dogges, or anye o-
ther venimous thinge for the tympany to anointe the bellye, and
the first water is good for all woundes, and all rotten and filthy
slicers: proued.

The receipt of the water of health.

per O R.

Take

Take red rose flowers, carnemyll flowers, lavender flowers, buglosse flowers, Klope flowers, rosemary flowers, sage flowers, secados flowers, balwme flowers, time and wild thyme, pennyziell, margerum, winter sauer, pimpermell, S. Johns wood, Philopendula, eyebright, hozehound, dittany, bittany, scabies turmentill, planten, auncie, maydenheare, mintes, rewe, sapifrage, barts tongue, enfras bzall, canepithy, pyony, Juniper berries, bay leaues or berries, take of all these flowers a maine handfull if they may be gotten, if not, then take of ech of these herbes befoze rehearsed a good handfull, then take 3. gallons of mighty strong ale, or 3. gallons of gascoigne wine, then take these spices: anney seede 2. ℔. licozas 2. pound, fenell seede 1. vnce, sinamon 2. vnces, caraway seede 2. vnces, gallingall 2. vnces, fetwell 2. vnces, Angelica 1. vnce, Ciperus 2. vnces, ginger nutmeggs of ech 1. vnce, Enela campana 1. vnce, Galamus aromaticus 1. vnce, licoes 1. vnce, Lignum aloes 2. vnces, cloues 1. vnce, Cucurbes 1. vnce, graines 1. vnce, longe pepper 1. vnce, spignard 1. vnce, mace 1. vnce, Amis amonim 1. vnce, sugar half a pound, alkenet 2. vnces, Olibanum masticke, basill seede, margerum seede. of all these halfe an vnce: and doe by the drawing of this water of health in all respects as by your Aqua composita: your flowers and herbes must be dyed, and shred on a choppinge board a good handfull of ech at the least: and your annyse must be well beaten and dusted & your licozas must be scraped and sliced cleane, and then all the rest of your other spices & seeds must be beaten fine in a brassen mortar ech to his quantity. Also you may put thereto thre graines of cumill muske for it will make it to drinke the more pleasanter, and so: diues infirmities this water is good; as to bzeake winde in the belly, for them that can not relishe or digeste their meates, and so: diues other colde causes: this water will make a man to liue longe, and to kepe and preferue a man longe in health, and to make a man take young againe.

For to make pety balme.

Take fine meate ople a pint, and pnt it in a cleane panne; and seth it well ouer the fire, then doe thy handes in colde water, and

and let it droppe thereon and it will creme, and when it leaseth
creaming doe it to the fire againe, and let it seth wel, and doe so
3. or 4. times with your handes, then take halfe an vnce of mal-
ticke, as much of frankensence, as much of rosen, a quarter of an
vnce of berdigrease, make all these into powder by themselves,
then doe them into the oyle and lette it seth wel together, and
stirre it well and skim it cleane and let it coole, then doe yt in a
a pewter vessell and this is good balme.

For to make Aqua vita perfectissima
per G.K.

Take the roote of sapistrage, perseppe, allsander, fennell, time, fo-
soppe, pennyriall, rosemary, lavender, primrose, mintes, rewe be-
tong, laueine sage, auence, calamint, of ech of these herbes halfe a
quartren: then take gallingall, pepper, longe pepper, cloues nut-
megs, of ech of these i. vnce, of canell mace, cucubes, of ech of these
2. vnces: setwell, pellitoze of spaine, Lignum aloes, of ech half an
vnce: stamp the herbes and popper the spices and doe them in a
gallon of good red wine, and mingle the herbes and spices toge-
ther in the wine and let them stande all a nighte in steepe, and on
the morrow distill them into a limbecke: this water hath many
saire vertues, and it comforteth man or woman and kepeth them
from all maladies that be cold.

Also it is hot at the firste distilling, and at the thirde distilling
it kepeth man or woman in their kindly heates.

Also it comforteth a colde stomacke and destroyeth both scabbe
and scall.

Also it healeth al old sores if it be kindly bled, it is good for the
deafenes of the eares by putting a little thereof into the eare, y^e
driue h away the stincking of the breath.

Also it is good for the falling euil and for the palsy in y^e tongue,
for that palsy maketh a man sodainly dombe.

Also it healeth the palsy of other members that trembleth.

Also for biting or stinging of scorpions or adders, or other ve-
nemous beastes, for no venim can come nere vnto it.

Also

Also it is good for the toothach of cold reume, and for a cold fever being uponke before the aris, it is good for to washe the emorodes, and olde sores called Noli me tangere, and for the Collica passio, and who so drinketh it for the banitye of the heade: it also healeth the saucfleume in the face.

Also it purgeth the stomacke, of all corruptions, and for stone, & for all goutes it destroyeth the gnawinge within the bellye, and suffereth no winde to breadd in mans body.

To make Aqua vita for all cold causes.

Take good gascoigne wine and distill it in a glasse or serpentine, and that water that burneth doe it by it selfe, and if it be moist it will be of more vertue.

Also take of ginger, canell, mace, cucubes, nutmegges, graines, long pepper, of ech of these i. ounce, and braye them in a morter, and searce them, and put these powders into the water that burneth, and still it oft, and so reserue it to your vse morning & evening firste and laste, and this is called the moste Soueraigne water and mighty against all manner of colde causes that ingendreth within man or woman, and this wil helpe you for diuers infirmities that is within man: proued.

A Soueraigne water vsed by Doctor Streuens Physician, with the which he did many great cures, and a litle before his death he then declared the same to the Archbishop of Canterburge, and notte to the benefite and commodity of al people that be well disposed.

Take ii gallons of good gascoigne wine or clarret wine that is good, or els ii. gallons of mighty strong ale, and of euery one of these spices a dram: take of ginger, gallingal, cinamon or canell, nutmegs, grains, cloves, anniseeds, fenel seed, caraway

Ce.

seeds

sedr, Calamus aromaticus, Cucubes, Ireos, maces, spignard, Enula campana, Canepithis, of eche of these a good handefull, Juniper berries i. vncc, and of euery one of these herbes solouing a handfull, sage, red roses, red mintes, garden tyme, wilde time, peillitoz, camemill, lauender, wormwood, bethonge, plantain, ribwozte, baye, red gillyflowers, wild marierum, rosemary, ozganum, lue, the flowers of serados, penyriall, hillwoozte, auence, rewllyps leaues, primrose leaues, and flowers of screeby grasle, strawberry leaues, tufson, beate all these spicis, and stamp all these herbes, and put them in the licour aforesaid, and put a litle melle therein, and lette it stande 12. howers infuse, and stirre it oftentimes, then still this water in a limbecke close stoppt that no ayre come out of the pottle, and with a small fire kepe about it that it come not to fast sozth, and kepe the first water by it selfe, soz that is the best. Also the seconde pint by it selfe, soz that is also good but not as the first is. Also you shall receiue a thirde pinte of that water of these 3. gallons, but your vncc of alkenet must be soz the two last waters to collour it red withall, which must be in the receiuer with some suger and some sinamon, and you maye kepe this water these 7. yeaers, and it will be in his full strenght and operation.

The receipt of the water called Aqua mirabilis et pretiosa, made by Doctor Willowbye Physician.

Take of gallingall, cloves, maces, cucubes, ginger, Cardomum, nutmeggs, mellilote, saffron, egrimonpe, water scurences, and beate all these in so powder the quantity of a dram & somewhat more, then take of the wice of selentine, and a pint of A. Crozgs Hebrils water of the best and the first, put of the same water being well mingled in a stillitoz of glasse, and lette it be stopp'd wel and close, & so let it stand soz the space of 24. howers, and then distill them with a softe fire, soz the space of a naturall day.

The vertue of this water aforesaid.

This

This water is of secret nature, it is exceeding good for the stomacke, it dissolueth the lunges without any greuaunce, and the same lunges being wounded and putrefied it mightely helpeth them and comforteth them, and it suffereth not the bodye to putrifye,

Also he shall neuer neede to be let blood, and this water suffereth not the body to be brente with cholles, nor yet with melancholy nor flemotte to be list by and haue dominion aboue nature, & this water mightely expelleth the reume, and profiteth muche the stomacke: it ingendureth good colour, and kepeth and conserueth the visage and memozy.

Also it is good for the palsey, if the said water be giuen to man or woman labouring towardes deathe i. sponesfull, it relenterh them: of all waters artificiall there is no better.

Also be in Somer once a weeke a sponesfull of this water fasting, and in winter time two sponesfulls, it is good for women that haue the greene sicknesse, and for diuers other causes: per Doctorem Willowbie.

The receipt of sinamon water.

Take rennish wine a quart, or spanish wine a pinte rosewater a pinte and a halfe, sinamon brused a pounce an a halfe, let these stande infused the space of 24. howers then destille it, and beinge close stopped and luted, then with a soft fire destill the same softely in a limbecke of glasse, and receiue the firste water by it selfe.

Also if ye be so disposed to make the same water weaker, take three pintes of rosewater, and a pint and a halfe of rennish wine, and so destille the same, and you shall haue to the qualitey of the stuffe the quantitey of the water, which is three pintes, but the firste is the best, and so referue it to your vse both morning and eueninge.

To make sinamon water an other way.

Take three quartes of muscadine, and a pound of sinamon, and
C. c. ij. half

and halfe a pinte of good rose water, and so lette them lye infused the space of foure and twenty howeres, and distill it as aforesaid, and you shall receyue to the quantitie as to the qualitie, but the firste pinte is the beste and the thickest of all the oger as is manifest by practise,

Aqua composita for a surfet.

Take rosemary, se nell, flose, time, sage, horehound, of eche of these a handfull, pennyrial, red mints, marierum, of ech 6. crops a roote of Enula campana: of licozas annesled brused of ech 2. vnres, put all these to 3. gallons of mighty strong ale, & put it into a brasse pot ouer an easie fire, & set the limbecke vpon it, & stop it close wth dole or past that no ayre do go out, & so kepe it stilling wth a soft fire, and so preserue it to your vse as nede requireth.

To make the water of life.

Take balme leaues and stalkes, burnet leaues and flowers a handfull of rosemary, turmentill leaues and rootes, Rosa solis, a handfull, red roses a handfull, carnations a handfull, Ziepe a handfull, a handfull of time, red stringes that growe vpon sauery a handfull, red fenell leaues and rootes a handfull, redde mintes a handfull, put all these herbes into a pottle of earth glassed, and put thereto as muche white wine as will couer the herbes, and let them soake therein eighthe or nine dayes, then take an vnce of sinamon, as muche of ginger, as muche of nutmeggs, cloues and saffron, a litle quantitie, of annesledes a pound, great reysous a pound, suger a pound, halfe a pound of dates, the hinder part of an old cony, a good fleshye running rapon, the fleshe and lineles of a legge of nutton, 4. younge piggeons, a dosen of larkes, the yolkes of 12. egges, a losse of white bread cut in appettes, muskadel or bastaroe three gallons, or as much in quantitie as sufficeth to distill all these thinges at once in a limbecke, and thereto put of Methridatum two or three vnces, or els with as much perfect treakell, and distill it with a moderate fire, and kepe the firste

first water by it selfe, and the second water alone also and when there cometh no more water with stringes, take away the limbecke, and put into the pot more wine vpon the same stuffe, and still it againe, and you shall haue an other good water, and shall so remaine good. In the first ingredience of this water, you must keepe a dooble glasse warely, for it is restorative of al principall members, and defendeth against al pestilentiall diseases, as against the paulsie, dropsie, splene, yellowe or black iaudice, for woymes in the bellye, and for al agues be they hot or cold, and al manner of swellings, and pestilentiall sorowes in man as melancholy, and stomaticke, and it strengtenth and comforteth the al the sprights and stringes of the braine, as the hart, the milke, the liner, and the stomacke, by taking thereof ii. or iii. spoonfulls at one time by it selfe, or with ale, wine, or beere, and by putting a ppepe quantity of suger therein, also it helpeth digests, or and doth breake winde, and stoppeth lase, and byndeth not, and it mightely helpeth and easeth man or woman of the paine of the hartbaring, and for to quicken the memory of man, take of this water three spoonfulls a daie, in the morning, and an other after he goeth to dinner, and the thirde last at night.

The electuary of life.

And if a man be sicke at the stomacke or in the bellye, or at the hart, or in the heade, or were bitten with anye venomous euill beast, or poisoned, and a man were by the way traveling or in the house, and he had al these sicknesses, so that he had with him this lectuary that is made of v. thinges to eate thereof or drinke thereof in water, 3. or 4. spoonfulls he should by Gods helpe be quickly whole so y he vse it for xv. daies fasting, and when he goeth to bed least he should not be whole of al his sicknesses in the body, and if he did drinke the oftener in a day the better, and these be the v. thinges to make this electuary withall, Scorlogio, Morre, Gentiana, Grandorer, and Ialaout, as much of the one as of the other, & Stamp them, and Graine them and meddle them with honey that hath bene well boyled on the fire, and skoomed cleane, and this is the makinge of this lectuary

A good powder called the powder of life.

Take the ſeede of ſmalladg, and the bones of a mouſe, and the roote of turmentile, and the roaſe of quintfoyle, and the roote of Philopendula, and the ſeede of growtwell, and the ſeede of lapifrage, and the ſeede of allſanders, and the ſeede of ſoto hyſtle, of ech of theſe ſeedes a like much, and then take lirozis, and gallingali, and camell, and ginger, of ech a like much, and bray them in a mortar, and mendle them together, & uſe thereof, then do thereto a quantyte of auence, of ſaffron, and a quantyte of maces, and this is the makinge of this powder for al manner of ſicknes in mans body, or in the wombe, or if a mā be ouercome by the way, it will deſtrope al manner of poyſon, and venim, and the dropſie, and palſie, and alſo the wallowing about amans parte.

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AT LONDON
 IMPRINTED FOR EDWARD
 White, dwelling at the little North doore
 of Pauls Church, at the ſigne of the
 Gun, and are there to be ſold.
 1582





1008/1009 1000 1000 1000

10/21

1616

John
Smith

1. The first part of the paper is a list of names and addresses, which are written in a very faint, cursive hand. The names are mostly male, and the addresses are mostly in the city of New York.

11/11/11

